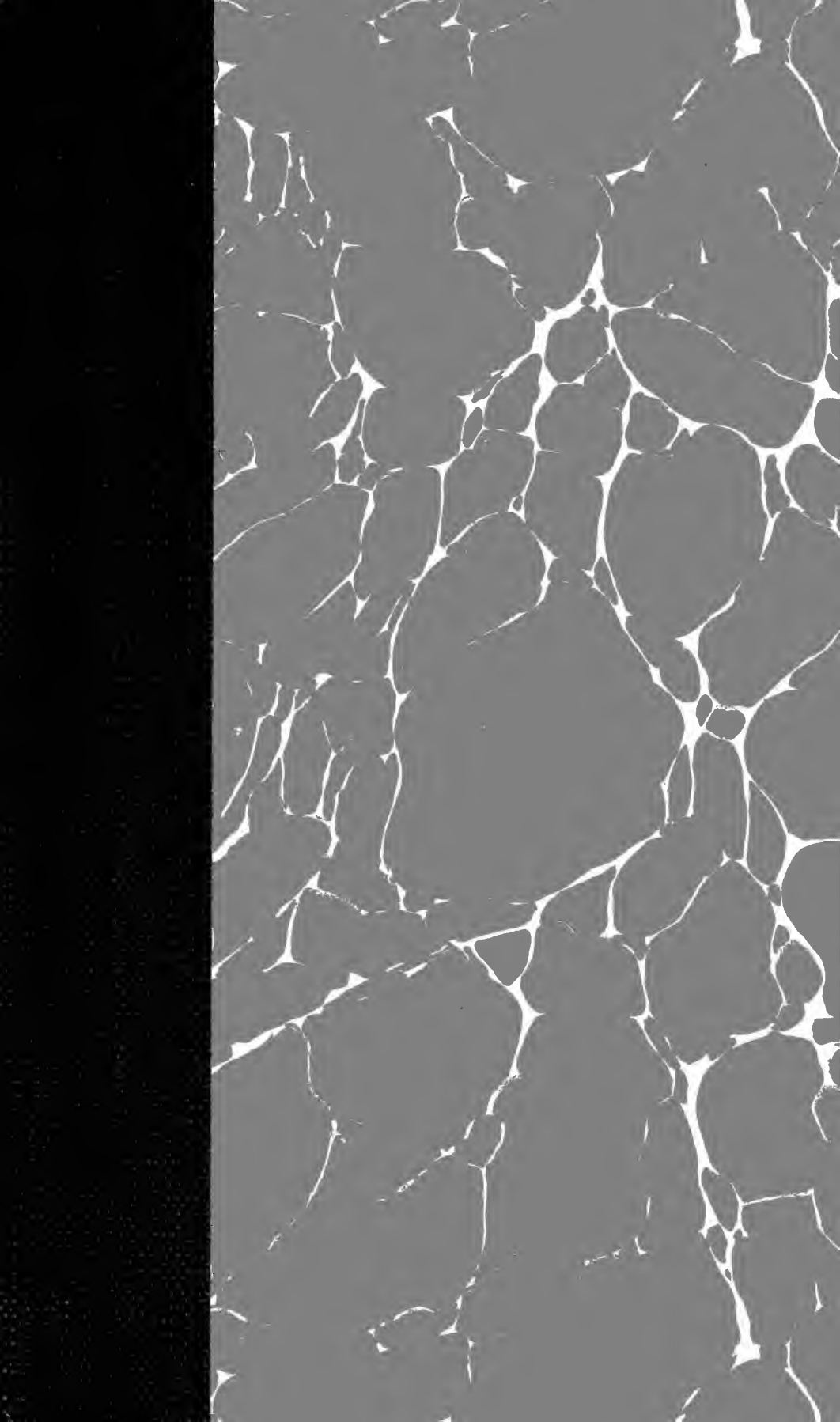

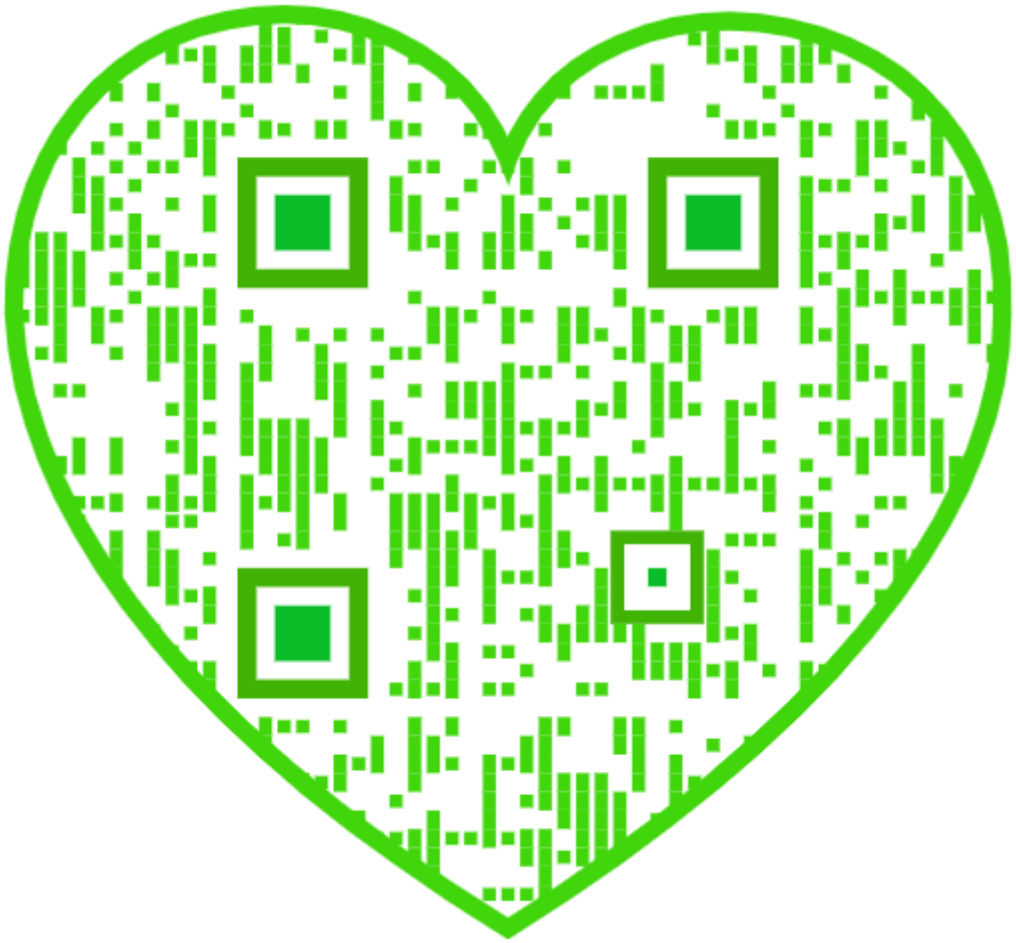

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BREAKFAST DINNER AND SUPPER.

IN FIVE PARTS.

1.—ETHICS OF EATING.
2.—ETIQUETTE OF THE HOME.
3.—HYGIENE OF THE HOME.
4.—HINTS TO HOUSE-KEEPERS.
5.—HOW TO COOK.

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EDITED BY

J. E. WHITE, M. D., AND MRS. M. L. WANLESS.

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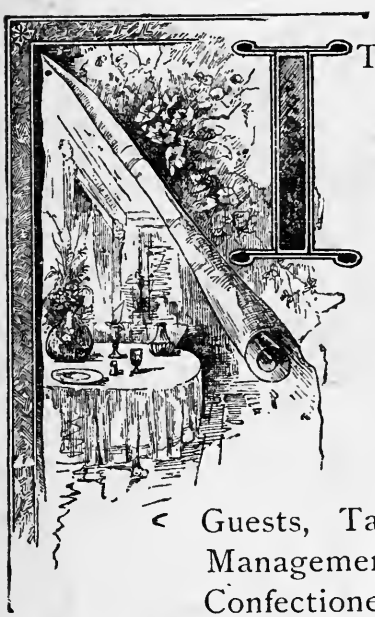
PREFACE.



IT is confidently believed by the authors of this book that it fills a place hitherto vacant. It is especially designed as an aid to housekeeping, in all its departments, comprising Hygiene of the Home, What to Eat, and when to eat it, House Furnishing and Household Economy, Entertainment of Guests, Table and Party Etiquette, Management of Servants, Cookery and Confectionery, also valuable hints and suggestions in regard to managing cases of Poisoning and Drowning. The tables of statistics in regard to the nutritive and other qualities of food, will be found interesting as well as instructive. The author has had special advantages for studying these points, and has devoted years to the analysis of foods, and to investigating the subject of Hygiene in relation to the home, the food we eat, and the air we breathe. The subjects of Ventilation and Drainage, though touched upon but lightly here, have occupied much of the author's

attention, and he has tried, in the small space allowable in this book, to show the necessity of a proper attention to these matters, if we value life and health, and also the most practical ways of attaining the desired results.

Though not aspiring to a place among scientific works, we claim accurracy of reasoning and deductions concerning such scientific subjects as are here treated upon, and which come directly within the province of this book.

We have made some decided departures in regard to foods in general use. We do not cater to the customs of the public, when their customs are in direct opposition to health, but take a firm stand against hurtful articles of diet, however popular they may be.

The recipes contained in the cookery department will be found valuable, as every one has been personally tested by competent cooks. Altogether it is to be hoped that this book will fulfill its design, and go forth among the families of our land, as a help to the house-keeper, a book of ready reference in regard to social and domestic matters, and a correct guide to the selection, the preparation and the serving of foods.

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PART ONE.

ETHICS OF EATING

THE pleasures of the table are not to be despised, as a factor in the problem of eating to live. The Creator has endowed us with a capacity for the keen enjoyment of eating and drinking, and had not this faculty been perverted and abused, a very large share of the diseases which now afflict humanity might never have existed. We have become a nation of dyspeptics, and to such an extent has the hygiene of right living been pressed upon the attention of the people, that it is no longer unpopular to ask, concerning certain articles of diet, whether they are wholesome or otherwise, instead of merely considering whether they are palatable. Indeed, the best literature of the day is strongly tinctured with the subject of hygiene, not only as relating to the general habits of life, but with special reference to the food question.

It is not our purpose to dwell at length on this branch of the subject, nor indeed to presume to regulate, with strict reference to this point, the bills of fare which this work may present, but the rather, after dealing in general principles, to leave the reader to draw his own conclusions, and to eliminate from his dietary such articles as his own judgment may condemn.

The object of eating is to sustain life, and to maintain, in their fullest integrity, the various functions of life. It will be apparent, therefore, that a subject so intimately connected with one's physical welfare and usefulness in society is well worthy of our careful consideration, and any hints which may tend to make life better worth the living, even from a purely physical standpoint, cannot fail to be of value.

There are many who affect to despise, as common and vulgar, all thoughts in relation to eating and drinking, thereby fondly imagining that they attain to greater heights in spiritual things, or prove themselves of better material than "common clay." But such professions are affectations indeed, and unworthy of the true man or woman. While it is undoubtedly true that many esteem too highly the pleasures of gastronomy, and thus sacrifice the mental and spiritual to the merely animal, the remedy for the evil is not to be found in flying to the other extreme, but rather in a golden mean, which shall subordinate all the faculties and appetites to the demands of an enlightened judgment and an educated conscience.

All great toilers, either mental or physical, who

maintain a good working condition, are men of good appetite and sound digestion. True, an occasional instance may be found, in which great results seem to have been accomplished by those who paid little attention to the demands of nature in this respect; but it will generally be found that such work has been done at the expense of the vitality and often the very life of the person so performing it.

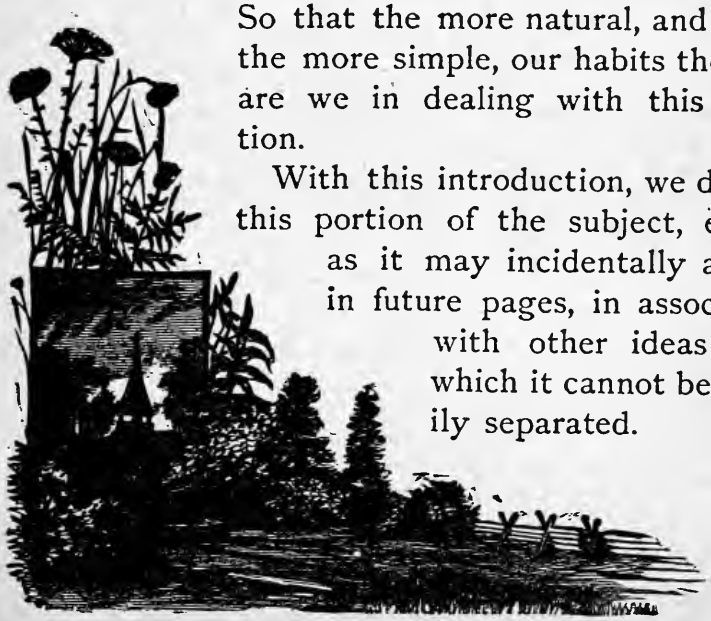
When we consider the enormous waste of tissue attending the expenditure of force in the human system; that every muscular contraction and expansion calls for material to supply the loss of "wear and tear," we can readily see why man who works must eat. This is equally true of brain work as of mere muscular exercise. Mental labor is by no means inactivity, but calls for material to supply waste as urgently as does the expenditure of physical force. Another demand for food is that occasioned by the wise provision of nature for the maintenance of animal heat. Quite a proportion of what we eat is used for fuel, and is as really and truly burned as the wood and coal which we supply to our stoves and furnaces. The temperature of the body, which in health is uniformly kept at about ninety-eight degrees, demands the combustion of carbon in the system itself. This is especially true in winter, when the temperature of the surrounding atmosphere is so much lower than the normal standard of the body, which must therefore be warmed from within, by the processes which Nature has so cunningly devised.

The intimate relation of hunger to cold is a demonstration of this point, as illustrating the warming qualities of a "good, square meal." The subject is further exemplified in the increased demand for food in cold weather, and also the desire for a change in the quality and character of the dietary, based on the real needs of the system. The vast difference between the appetite of the dweller in the tropics, who dines lightly on bread and fruit, and that of the Laplander who regales himself on a dinner of walrus blubber, washed down with a draught of whale oil, is not so much a question of taste as of necessity. While the dietary of the latter seems to us disgusting, it is to him a physical necessity; and although we are able to find heat-forming elements in the vegetable kingdom which would theoretically supply the demands of a cold climate, we must remember that the animal fats are his only resources, and seem to have been designed by a kind Providence to meet the necessities of dwellers in such a climate.

With these illustrations before us, we would be poor scholars did we not see in them a lesson for the regulation of our diet with reference to the difference in the seasons of the year. A bill of fare for a dinner in summer should not be the same as for one in winter. Not only should there be a difference in quantity but the quality should be varied as well. The heat-forming foods should be partaken of more sparingly in summer than in winter, and the cooling juices of fruits substituted in their stead.

It will readily be seen that the subject of eating

is indeed a science. Cookery has been entitled a fine art, but unfortunately much of it has no science for a basis, being devised, not so much with reference to man's physical needs as to his appetites. While the scope of this work is not a scientific one, and will not therefore demand or permit the discussion of the subject from such a standpoint, we purpose to keep in mind generally admitted scientific facts as a basis for the suggestions which may follow. It may be added, however, that man's science has never yet fully explored the domain of the food question, and we are still in the dark as to some of the uses which Nature makes in her laboratory of the provisions of her bounty. Fortunately for humanity, she has combined many of the elements in the right proportions in the vegetable world to perfectly adapt them to our needs, even though we may know but little of the science of their uses. So that the more natural, and hence the more simple, our habits the safer are we in dealing with this question.



With this introduction, we dismiss this portion of the subject, except as it may incidentally appear in future pages, in association with other ideas from which it cannot be readily separated.

FOODS IN GENERAL.

WHILE discussing this point, it may be proper to generalize somewhat, and consider the relative healthfulness of the various aliments that are employed in modern dietaries. In doing this we have no pet theories to sustain, but will give such conclusions as have been reached by good authorities after careful investigation.

Bread Preparations.

A very important constituent of a wholesome dietary is good bread, in some form. Immense quantities of bread are eaten, good, bad, and indifferent, the two latter qualities prevailing, and working their mischief with digestion and health. A house keeper who is not a good bread-maker lacks one very essential requisite of success in her vocation, and may be regarded as unfortunate indeed.

The first requisite for good bread is good flour. Whether this be bolted or unbolted it should be GOOD, as no amount of skill in cookery can convert poor flour into wholesome bread. Modern processes of milling have wrought a revolution in the matter of flour supply, the old-fashioned mill-stones, which have ruled for centuries, having given place to

rollers, which crush the grain, and reduce it by successive stages into the various grades of "patent flour." The chief advantage of this process lies in the utilizing of all the nutritious elements of the grain while preserving the whiteness so pleasing to many who discard graham bread from "color prejudice." Unbolted flour has its uses, however, and a place in wholesome cookery which has never yet been filled. The coarse hull of the wheat, however, has been declared by good authors to be wholly innutritious and a cause of irritation to the stomach.

As a standard article of bread, nothing has yet supplanted the raised or fermented bread, the origin of which is lost in antiquity. While it is open to some objections, physiologically and otherwise, it still maintains its ascendency, and among housekeepers it is regarded as a high accomplishment to be able to make good raised bread. Instructions for its manufacture will be found in the recipe department of this work.

The arguments against fermented bread, some of which are quite potent, have led to the production of substances, some of which are equally objectionable from a health standpoint, while others are successful in many respects. In the former class may be reckoned those which depend upon soda or other chemical powders for their lightness and in the latter we may rank the unleavened and aerated products, which have become quite popular with many.

Lightness or porosity is an essential requisite of good bread, not only to render it palatable but

to insure its digestion. "Soggy" bread is a curse to any stomach, and a fruitful source of dyspepsia.

The objection to the yeast process is in the fact that the fermentation destroys some of the elements of the grain, and leaves the residuum in the bread, while the raising of bread by an acid and an alkali endangers its healthfulness by the risk of leaving an excess of one or the other in the product. Yet light bread, by either process, is vastly superior to a heavy, pasty substitute by the unleavened method. Bread can be made by the latter process "fit for a king," and not only palatable but wholesome, but a failure in the attempt will produce a poor apology for bread. Instruction on this point in the recipe department.

Corn, Rye and Oats.

These cereals are exceedingly valuable as food, not only as affording variety, but as being nutritious and wholesome. Corn meal as used alone in "corn dodgers," or in combination with rye or graham in Boston brown bread, or with white flour in muffins, serves an exceedingly good purpose in the dietetic line, and should be even more freely used than it is at the present time.

Rye bread is excellent as a laxative, and can be eaten to great advantage by most people, and especially by those subject to constipation. The grain should be sound and sweet; otherwise it is absolutely injurious. In some sections, particularly in portions of the West, it is so little grown as to be almost unknown, while in others it is much

used. The New Englander would hardly know how to dispense with "Rye and Indian," in which compound it is usually in the form of meal, or unbolted. It is also much used in the form of flour, in rye bread, some employing it for biscuit and raised bread, as wheat is used.

But for real nutritive and hygienic value, scarcely anything equals oatmeal, which is beginning to be recognized as never before, and has become an exceedingly popular article of diet. It is chemically and practically demonstrated to be among the most nutritious of all foods, and contains the elements needed for the production of force. The hardy endurance and strength of the Scotch as a race are more largely due to their unlimited use of oatmeal in its varied forms, than to any other one thing. The recognition of this fact, and its general popularization in this country, is a blessing of no small magnitude, as its substitution for less wholesome articles will be productive of good.

Flesh Meats.

The employment of the flesh of animals as food has been under discussion for years, and the vegetarians have many arguments in their favor. The primal man and woman were undoubtedly abstainers from flesh, and perhaps it would be better for the race if that condition could be restored; but with the present constitution of humanity, the project seems almost Utopian. Theoretically, vegetarianism is strong, and some of its practical illustrations exhibit the strength of its theories, while other cases seem to teach the contrary.

One thing, however, is undoubtedly true, and that is, that it would be vastly better for the race to eat less of flesh and more freely of grains, fruits and vegetables; and while the fond hopes of the vegetarians may never be realized, they have certainly done much good in calling attention to the great value of these articles of diet, and tending to render their use more general.

If meats are to be used, the greatest care should be exercised in their selection. The flesh of animals is more or less subject to disease, especially that of some varieties. The scriptural argument for the use of meats is based upon the Divine permission to eat the flesh of certain animals. To be consistent, those who adduce this argument should regard the provisions of that permission, and discard from their dietary all animals not thus permitted, and especially those which are positively prohibited by Divine authority.

The flesh of the swine, being one of the interdicted articles, should be rejected, not only for that reason, but on account of the increasing evidence of its unwholesomeness. That dreaded scourge of American pork, trichinæ, has probably called attention to this point more forcibly than any other argument has done, and in connection with the recognized want of cleanliness of the hog as an animal, has weakened its hold upon popular esteem as an article of diet. With permission to eat good beef, mutton, fish, etc., it would seem that the hog might be left to his "wallowing in the mire." This subject will be more fully discussed in the recipe department.

Beef.

Among the articles of flesh that are permitted, beef occupies a prominent place. From the character of its diet, and from its habits, the bovine species seems as likely to be free from disease as the animal kingdom can well be; and yet much care is necessary to secure absolutely wholesome beef. The cattle that are shipped from the far West to the Eastern market are often in a condition unfit to be converted into good beef; and much disease has doubtless been communicated through this source. We note with pleasure, however, that by the growing popularity of the refrigerator car system, this evil is likely to be reduced to the minimum.

Mutton.

Next in value to beef as an article of diet comes mutton, the sheep being generally as free from disease as the generality of animals, and the flesh being nutritious and easy of digestion. Mutton broth is recognized as a good article for invalids, while those in good health have a decided preference for roast mutton and mutton chops.

Fowls.

The flesh of the domestic fowls enters largely into the dietary of the American people, especially in connection with the season of holidays. Although less objectionable than some other articles, their free and constant use is not recommended.

Fish.

The use of fish has in its favor the example of Christ, the custom of ages, and its generally ad-

mitted wholesomeness. Much stress has been laid by some writers, upon its great value as brain food, on account of its phosphorus. Were this argument sound, those who subsist almost entirely on fish ought to be persons of marked intellectuality, which is far from being the case. In nutritious value, fish ranks much below beef and mutton, and is vastly inferior to many of the grains, but if properly cooked, it is digested well by healthy stomachs, and adds variety to the bill of fare. Frying, although the most common method of cooking it, is the most objectionable, impairing its wholesomeness and digestibility.

Wild Game.

Those of our readers who may chance to be favored with proximity to the "wild wood" may occasionally grace their larder with a haunch of venison or perchance a bear steak. Comparatively few, however, will be called upon to pass judgment on these articles. Wild meat is to be regarded as equal in wholesomeness to domestic flesh, and on some accounts superior. It requires care in cooking, and usually more time, for the reason—shall we say it?—that the flesh is hardier and healthier, and hence less tender.

Of the smaller wild game and fowl, the supply is too limited to admit of its entering largely into the consideration of the food question. The same principle holds good in their case, however, and exercise and a natural life contributes to their wholesomeness, and makes them desirable as food.

Vegetables.

The various products of the vegetable kingdom were designed by the Creator to constitute a large portion of the diet of man. While few of the vegetables are sufficiently nutritious to alone maintain the health and strength of the system, they furnish many of the elements needed in the animal economy, and, what is of great importance in the question of eating, they contribute to the bulk of the food, which is a necessity to its digestion and assimilation. Some of them are possessed also of certain medical qualities, which render them valuable as preservers of health.

The nutritive value of the different vegetables covers a wide range, varying from only two or three per cent. in some of the watery varieties, to eighty-five per cent. in peas and beans, which are classed as vegetables, although, strictly speaking, they are the seeds of leguminous plants.

The best-known of all the products of the vegetable kingdom is the potato. It is easily grown, nutritious and digestible, and hence enters largely into the dietary of the masses, usually in connection with some article of flesh, hence "meat and potatoes" constitute the bulk of humanity's food. The Irish variety contains about 25 per cent. of nutritive elements, and the sweet potato a considerably larger proportion, differing with the locality where it is grown, the essential difference being in the amount of sugar in its composition.

Rice, the favorite food of the Chinese, is the most nutritive of all the vegetable productions, being

slightly in excess of peas and beans in nutritive elements. It is an exceedingly valuable article of diet, and its free use is to be recommended.

Among the common, but slightly nutritive vegetables may be classed the cabbage, which has but about five per cent. of food elements. In the ascending scale of value, we have the turnip, with about 9 per cent.; the beet and carrot, about 17; parsnip, 18; bread fruit, 20; and then up to the potato, at 25 to 30 per cent. These vegetables all have their place, as affording variety, and contributing to the bulk of the food and aiding in its digestion and assimilation.

Fruit.

The dietetic value of fruit consists, not so much in its nutritive elements, which are comparatively limited, as to its medical qualities, if we may use that term in connection with an article of food. The acids, which enter largely into the composition of most fruits, are excellent correctives, and serve a purpose in dietetics not to be secured in any other way. A correct understanding of the great value of fruit is of quite modern acceptance, and there still exist many unfounded prejudices against its use, especially in bowel difficulties, for which it is, in reality, often a sovereign remedy. Like all other articles of diet, good and wholesome in themselves, fruit should be eaten judiciously. Some stomachs can bear it only in small quantities. Some cannot dispose of raw fruit, while it is very acceptable to them when cooked. While a person in health may eat all kinds of fruit with impunity,

a dyspeptic is often obliged to exercise care in its selection; and occasionally its use must be interdicted entirely for a season.

The variety of fruit accessible to almost all classes is now very large. The process of canning makes it possible to enjoy fresh fruit at all seasons of the year, and in all latitudes. The old-fashioned method of "preserving" fruit by the addition of sugar, "pound for pound" is now nearly obsolete, happily for human stomachs, as fruit thus prepared is well-nigh indigestible, and often absolutely injurious. Full directions for canning fruits will be found elsewhere in these pages, by processes that preserve their natural flavors and comestible qualities.

Small fruits, under which head may be reckoned strawberries, raspberries, blackberries, whortleberries, blueberries, currants, gooseberries, etc., are becoming more and more highly esteemed, and much attention is being paid to their cultivation and improvement. The grape, one of the most wholesome of all fruits, has come to be recognized as possessing medicinal virtue of great value, while peaches, plums, and other varieties of fruit which were formerly luxuries for the rich, are now to be found in the dietary of all classes.

Tropical fruits, as they are brought to our markets, while entering less largely into the question of food supply, being regarded more in the light of luxuries, are nevertheless increasing in favor as kitchen supplies, this being especially true of the dried varieties, which are less perishable than the fresh, and hence permit a wider range of usefulness. The date, fig, raisin, prune, and other fruits which

may with care be kept a long time, while less valuable than those which retain their natural juices, are of great service in localities where it is difficult to procure fresh fruit.

The methods of preparing fruit for the table will be found in the department of recipes, but it may be remarked in this connection that the more simply it is prepared the more perfectly it serves the evident purpose of the Creator in giving it to man. While it may be incorporated into many epicurian dishes, in combination with indigestible pastry, its wholesomeness is often thus destroyed, and the compound thus made is unfit for the human stomach.

Fruit sauces, only slightly seasoned, are the most wholesome methods of presenting cooked fruit, while many varieties, such as strawberries, and other small fruits, are exceedingly palatable and wholesome eaten raw, with no addition except a small quantity of sugar.

Fruit is often made the principal dish in the dessert, or last course in the meal. This may sometimes lead to excess in eating, by tempting the appetite to indulgence after the wants of the system are fully supplied. An excellent custom, of recent adoption, gives fruit the leading position on the breakfast bill-of-fare, standing in the same relation to this meal that soups sustain to dinner. A dish of fresh berries or a delicious orange is much to be preferred as a morning appetizer above any form of stimulation, however mild, and the custom has dietetic reasons as well as fashion in its favor.

Eggs and Milk.

Eggs and milk form wholesome articles of diet if fresh and free from taint and disease. Eggs verging on decay are neither palatable nor healthful. They should be selected with the greatest care. If inconvenient to keep poultry yourself, it is often possible to arrange for fresh supplies from those who do. They are prepared for the table in a variety of ways more or less healthful, frying being perhaps the most objectionable. Soft boiled and poached eggs are the most nourishing and easiest of digestion.

Milk is good and comparatively healthful in almost any form except skimmed and watered. We protest against these innovations. A glass of hot milk in winter, and iced in summer, is more healthful and palatable to normal appetites than all the tea between here and China, or all the coffee this side of Java. Diseased, watered and skimmed milk are considered in another department.

Combination.

Of the articles of food we have been considering, few of them are sufficient alone to meet all the wants of the system, as containing all the elements needed to supply its constant waste and build healthy tissue. While some articles contain nearly all the necessary elements, they are in too concentrated a form, and hence the advantage of combining two or more articles in a single meal. This is not to be understood as favoring a great variety at one meal, as that will often lead to excess, but a judicious combination, for physiolog-

ical, not epicurean reasons will be found advisable. The most common of these is "meat and potatoes," and is founded in dietetic law, although the correct relative proportions are seldom observed, the real need of the system being met in one part of lean beef, by weight, to nine parts of potatoes.

Vegetable combinations may be made, equally complete in all the food elements. The table herewith presented from the "Home Hand-Book of Hygiene and Medicine," will be found convenient, and approximately correct, as supplying all the needed elements of nutrition :—

	oz.			lb.	oz.	
COMBINE	8	Lean Beef, ...	WITH	4	8	Potatoes.
"	7½	"	"	1	8	Rice.
"	1½	"	"	1	8	Indian Meal.
"	12	Eggs, ...	"	1	6	Rice.
"	9	"	"	5	2	Potatoes.
"	3	pts. Milk, ...	"	1		Rice.
"	2½	" "	"	4	4	Potatoes.
"	7½	oz. Peas, ...	"	1	4	Rice.
"	6	" "	"	5		Potatoes.
"	1 lb. 5	" Oatmeal, ...	"		5	Rice.
"	1 " 4	" "	"	1	11	Potatoes.
"	1 " 4	" "	"		5	Rye Meal.
"	15	" "	"		10	Indian Meal.

Various Other Tables

Are presented in books on foods, but we have space for only two. The first shows the amount of nutriment contained in each one hundred parts of different kinds of food, and the second gives the length of time required to digest different foods as nearly as can be ascertained.

Nutritive Value to each 100 Parts.

Bread.....	63	Cabbage....	5.6	Yolk of Egg.	48
Wheat Flour	85	Turnip.....	9	Banana.....	27
Barley Meal.	83	Sugar.....	95	Date.....	67
Oatmeal....	85	Treacle.....	77	Grape.....	17.6
Rye Meal...	85	New Milk...	14	Apple.....	15.7
Indian Meal	85	Cream.....	34	Pear.....	12.8
Rice.....	87	Skim Milk..	12	Peach.....	3.1
Peas.....	85	Buttermilk...	12	Plum.....	4.8
Beans.....	85	Lean Beef...	28	Mulberry...	12.1
Lentils.....	77	Lean Mutton	28	Blackberry..	6.5
Arrowroot...	82	Veal.....	37	Cherry.....	13.3
Potato.....	25	Poultry.....	26	Apricot.....	3.4
Sweet Potato	32	White Fish..	22	Gooseberry .	10.7
Carrot.....	17	Salmon.....	23	Strawberry..	9.7
Beet.....	16.5	Entire Egg..	26	Raspberry ..	8.8
Parsnip.....	18	White of Egg	22	Currant.....	9.3

Periods of Digestion. Hours and Minutes.

Rice, boiled.....	1	Chicken soup, boiled.....	3
Eggs, whipped, raw.....	1 30	Dumpling, apple, boiled..	3
Trout, fresh, fried.....	1 30	Oysters, fresh, roasted....	3 15
Soup, barley, boiled.....	1 30	Pork, salted, broiled.....	3 15
Apples, sweet, raw.....	1 30	Porksteak, broiled.....	3 15
Venison steak, broiled....	1 45	Mutton, fresh, roasted....	3 15
Sago, boiled.....	1 45	Bread, corn, baked.....	3 15
Tapioca, boiled.....	2	Carrot, Orange boiled....	3 15
Barley boiled.....	2	Sausage, fresh, broiled....	3 20
Milk, boiled.....	2	Oysters, fresh, stewed.....	3 30
Liver, beef, fresh, broiled.	2	Butter, melted.....	3 30
Eggs, fresh, raw.....	2	Cheese, old, raw.....	3 30
Apples, sour, raw.....	2	Oyster soup, boiled.....	3 30
Cabbage in vinegar, raw..	2	Bread, fresh, baked.....	3 30
Milk, raw.....	2 15	Turnips, flat, boiled.....	3 30
Eggs, fresh, roasted.....	2 15	Potatoes, Irish boiled.....	3 30
Turkey, domestic, roasted.	2 30	Eggs, fried, or hard boiled	3 30
Goose, wild, roasted.....	2 30	Eggs, fresh, fried.....	3 30
Cake, sponge, baked.....	2 30	Green corn and beans....	3 45
Hash, warmed.....	2 30	Beets, boiled.....	3 45
Beans, pod, boiled.....	2 30	Salmon, salted, boiled.....	4
Parsnips, boiled.....	2 30	Beef, fried.....	4
Potatoes, Irish, baked.....	2 30	Veal, fresh, broiled.....	4
Cabbage, head, raw.....	2 30	Fowls, domestic, boiled...	4
Custard, baked.....	2 45	Beef, old, salted, boiled ..	4 15
Apples, sour, hard, raw...	2 50	Pork, salted, boiled.....	4 30
Oysters, fresh, raw.....	2 55	Pork, salted, fried.....	4 15
Eggs, fresh, soft boiled...	3	Veal, fresh, fried.....	4 30
Beefsteak, broiled.....	3	Cabbage, boiled.....	4 30
Mutton, fresh boiled.....	3	Pork, roasted.....	5 15
Soup, bean, boiled.....	3	Suet, beef, boiled.....	5 30

The subject of "Foods in General" might be carried to almost any length without exhausting it, but as the different articles of diet are considered in detail in other departments of this work, we will not particularize farther in this connection. We would refer especially to the recipe department.

TABLE ETIQUETTE.

CHESTERFIELD declared good breeding to be "the result of much good sense, some good nature, and a little self denial for the sake of others, and with a view to obtaining the same indulgence from them." And again, "Good sense and good nature suggest civility in general, but in good breeding there are a thousand little delicacies which are established only by custom."

Mere wealth or social standing form no correct index to true gentility. We often hear the expression, "She is no lady," or, "He is not a gentleman," applied to persons of wealth, talent, and education; but who have neglected to cultivate true politeness, and to conform to the rules of good society. While on the other hand we often find in the homes of the toilers, down among the humbler walks of life, such consideration for others, such regard for the little courtesies of life, that we always feel it a particular pleasure to sit by that fireside, or to be asked to a seat at table, though the setting be plain, the courses few and bearing evidences of economy.

Most rules of etiquette are the outgrowth of a

need, and serve the convenience and comfort of all concerned, but there are rules of table etiquette which one never knows instinctively and which are in a manner arbitrary. A knowledge of these rules can only be attained by careful observation in good society, or by the study of some treatise on the subject. The following story from the French is to the point:—

The *Abbe Cosson*, a professor in the *College Mazarin*, was an accomplished *literateur*, saturated with Greek and Latin, and considered himself a perfect well-spring of science; and had no conception that a man who could recite pages of *Persius* and *Horace* by heart, could possibly be ignorant of table etiquette.

He dined one day at Versailles, with the *Abbe de Radonvilliers*, in company with several courtiers and marshals of France; after dinner, when the talk ran upon the etiquette and customs of the table, he boasted of his intimate acquaintance with the best dining-out usages of society.

The *Abbe Delille* listened to his account of his own good manners for a while, but then interrupted his harangue, and offered to wager that at the dinner just served, he had committed at least a hundred errors or improprieties.

"*Comment est-il possible?*" demanded the Abbe. "I did exactly like the rest of the company."

"*Quelle absurdite!*" exclaimed the other. "You did a hundred things which no one else did."

"First, when you sat down at the table, what did you do with your napkin?"

"My napkin? Why, just what everybody else

did. I unfolded it and fastened it to my button-hole."

"Ah! my dear friend," said *Delille*, "you were the only one of the party who did *that*. No one hangs his napkin up in that style; they content themselves with placing it across their knees."

"And what did you do when you were served to soup?"

"Like the others, surely. I took my spoon in my right hand and my fork in the left—"

"Your fork! who ever saw any one eat bread out of his soup-plate with a fork, before?"

"After your soup, what did you eat?"

"A fresh egg."

"And what did you do with the shell?"

"Handed it to the servant."

"Without breaking it?"

"Yes, without breaking it up, of course."

"Ah! my dear *Abbe*, nobody ever eats an egg without breaking the shell afterward," exclaimed *Abbe Delille*.

"And after your egg—?"

"I asked the *Abbe Radonvilliers* to send me a piece of the hen near him."

"Bless my soul! a piece of the *hen?* One should never speak of hens out of the hennery. You should have asked for a piece of fowl or chicken. But you say nothing about your manner of asking for wine?"

"Like the others, I asked for claret and champagne."

"Let me inform you that one should always ask

for claret *wine*, and champagne *wine*. But how did you eat your bread?"

"Surely, I did that *comme il faut*. I cut it with my knife in the most regular manner possible, and ate it with my fingers."

"Bread should never be cut, but always broken with the fingers. But the coffee, how did you manage that?"

"It was rather too hot, so I poured a little of it into my saucer and drank it."

"There you committed the greatest error of all. You should never pour either coffee or tea into your saucer, but always let it cool, and drink it from the cup."

The *Abbe* was thus taught that one might be a distinguished scholar and yet be ignorant of the rules of *table etiquette*. And although this incident occurred over fifty years ago, the customs of good society have changed so little that with but few exceptions the advice contained can apply to the present time.

With Daisy Eyebright, "We do not know by what reason the rich should claim all the refinements and elegancies of the table. They are not always costly, and they do not require much expenditure of time. A table can be set with grace and elegance as expeditiously, and with no more expense, than if the dishes are thrown on, as it were, without any regard to symmetry or form."

The dining room should be cheerful and pleasant, and its mistress should wear her brightest smile. All trials, troubles and disagreements should be banished from the table. The plainest room may

be made pleasant by the exercise of taste, and the simplest fare palatable by care in preparation, and a tasteful setting of the table.

Then, again, the meal should not be bolted in the space of five or ten minutes. Meals taken in this manner tax the powers of digestion, and lay the foundation for dyspepsia, so common to Americans. The table is more than simply a feeding place. It should be a place of social pleasure and enjoyment. Each dish should be prolonged by conversation on pleasant and agreeable topics. "*Chatted food is half digested.*"

Company Manners.

Good breeding begins at home. Manners that are put on while in company, and laid off while at home, are never natural and do not fit. Children trained for a special occasion seldom pass through it without making the fact evident. The habits of years cannot be changed for an evening or a meal.

We could never understand why one should always be civil and well-bred in the company of comparative strangers, while within his own family circle, where everything that is the brightest and best of him should manifest itself, he feels at liberty to disregard the little courtesies of home and the rules of good society.

"Negligence and carelessness with regard to the little amenities of life, are the fruitful source of much domestic unhappiness. 'Good manners are

to the family what good morals are to society, their cement and their security.'"

Be as particular at the fireside as when abroad. Study the art of true politeness at home, and teach it to your children there, if you would have them an honor to you abroad. "Train up a child in the way he should go, and when he is old he will not depart from it."

"Nor need we power or splendor,—
Wide hall or lordly dome;
The good, the true, the tender,—
These form the wealth of home."

General Rules.

In the family circle, the gentleman who is head of the household may sit at the side of the table, with plates at his right hand and food near by. When all are seated, the guests, if any, should be served first, the eldest lady of the household next, then the ladies and gentlemen as they come in order. The hostess should sit opposite her husband, presiding over the tea, sauces, etc. The host should consult the tastes and preferences of those at table when serving them.

Napkins should never be starched. On taking seat at the table, the napkin should be unfolded and placed across the knees. It is considered bad custom to tuck it under the chin, or fasten it in the button hole of the vest. At home fold your napkin when you are done with it, and place it in the napkin ring. If visiting, leave it unfolded be-

side your plate. If gloves are worn, they are withdrawn and placed across the knees, with the napkin over them.

When a plate is handed you at table, keep it yourself and do not pass it to another, unless requested to do so. The one serving has probably in mind the preference of those at table, and knows whom he desires to wait upon first. It is a poor compliment to seem to reprove his selection. If a dish is passed, serve yourself first, and then pass it on.

The knife and fork, and their uses, are a source of trouble to many. The knife is now used only for cutting meat, mashing potatoes, and a few other purposes at table. It is no longer placed in the mouth by those who give attention to table etiquette. The fork is used to convey the food to the mouth, and is held in the left hand, while the cutting is done with the knife in the right. If, however, the food requires no division, except such as may be done with the fork, the latter may be used by the right hand. Fig. 1 illustrates the proper method of holding the knife and fork.

FIG. 1.

Use your fork in eating all sorts of thick sauces, peas, jellies and pastry, and your dessert spoon in eating curries. Many of the softer made dishes, such as custards, ices, etc., are eaten with a spoon. Asparagus is eaten with a knife and fork. It is

generally regarded as no impropriety to eat corn from the cob.

Avoid unnecessary noises with the knife and fork, and especially with the mouth, such as loud sipping, smacking of lips, or heavy breathing. The lips should be kept closed as much as possible while eating.

The position of the hands and arms at table is an important consideration. Avoid raising the elbows, especially in a way to inconvenience your neighbors. Do not place the unoccupied hand prominently upon the table, but keep it below.

Use the special implements provided for the purpose in conveying articles to your own plate from the general supply,—the sugar spoon, butter knife, gravy ladle, pickle fork, etc.; but take bread, cake and the like with your fingers. Olives should be taken with the fingers unless an olive fork is provided.

If a plate is passed you with the "last piece," it is proper to take it, as the custom of leaving the "manners piece" no longer prevails. It is polite to presume there is more of the dish in reserve.

Should anything unpleasant chance to be found in the food, quietly remove it and say nothing, even though you may be unable to proceed with the meal.

Observe a correct posture at the table, never lounging, tilting the chair back, nor leaning upon the elbows. The chair should be sufficiently near the table to allow of an upright position.

To eat largely of some dainty is a mark of ill breeding, unless there is a liberal provision, and

then a remark of apology is in good taste, and may thus be regarded as a special compliment to the hostess.

Bread should never be cut or bitten, but broken with the fingers, and each piece spread with butter as eaten.

Tea or coffee should never be poured into the saucer to cool, but sipped from the cup. If one wishes to be served with more tea or coffee, or desires it changed, he should place his spoon in the saucer; if he has had sufficient, let it remain in the cup. The proper method of holding the cup is illustrated in Fig. 2.

FIG. 2.

The practice, on the part of the lady of the house, of apologizing for the quality of the food, is not in good taste, and is usually interpreted as a bid for compliments; nor should guests be unduly urged to eat after declining a dish. It may be well, sometimes, to assure a guest of the sufficiency of supply, that he may not refrain from eating of a dish from any delicacy on that score, but to repeatedly urge one to partake of more after he has declined, or to replenish his plate after a refusal to take more, is not in good taste.

Conversation at table should be only upon pleasant topics, and personalities should be avoided. Jokes about the apparent hunger of some one of the party should be tolerated only among the most intimate friends, and should never be too pointed.

In case of some violation of any recognized table rule of minor importance, such as eating corn from the cob, or helping onesself from a dish in easy reach, it is well to say to the host, or hostess, "by your leave," or to otherwise recognize the slight breach of rule.

Finger bowls, if introduced, should be brought in on a napkin on a dessert plate and set off to the left. They are used by dipping the fingers in lightly and drying them on the napkin. They should be half full of warm water with a slice of lemon floating in it.

Cultivate an easy manner at table, with neither too much freedom, nor too much constraint; never appear conscious of an effort to observe rules, and yet always be guided by them, both at home and abroad, and thus exemplify true gentility of character where so much of its opposite is too often displayed.

Avoid eccentricity and affectation in either dress or manners, and be ready to overlook any defects in others. Beau Brummell broke off an engagement on account of a trivial impropriety at dinner. It was he who when asked if he liked peas, after taking time for mature deliberation said he believed he once had eaten one.

Do not be rude to waiters, nor apologize for making them trouble. True courtesy should not be neglected, however. "If you please," and "Thank you," are terms which should not be forgotten in addressing those serving.

First ask permission of the host if you desire to

leave the table before the rest of the family or guests, except at a hotel or boarding house.

In houses where "help" is not employed, the daughters, or some other lady members of the family may take turns in serving. It is always an annoyance to have two or three constantly leaving the table for needed articles.

SUGGESTIONS.

Do not eat too fast.

Do not fill the mouth too full.

Do not take notice of accidents.

Do not dip bread into gravy or preserves.

Do not leave the table with food in the mouth.

Do not carry fruits or confectionery from the table.

Do not tip the plate to get the last drop of soup.

Do not take salt from the salt cellar with your fingers.

Do not serve two kinds of meat or pastry on the same plate.

Do not eat soup from the end of the spoon, but from the side.

Do not put salt on the table cloth, but on the side of the plate.

Do not, at table, explain why certain foods do not agree with you.

Do not pick the teeth at table, or in company of ladies after a meal.

Do not wipe the nose or face with the napkin. It is for the lips only.

Do not hold the bones of game or poultry in your fingers while eating it.

Do not find fault with your food; have it changed quietly if you wish it different.

Do not express a choice for any particular parts of the dish, unless requested to do so.

Do not reach across your neighbor for a dish or condiment, but ask him to pass it to you.

Do not serve more than two kinds of vegetables with a course. Pass them both on the same waiter.

Do not pass your knife and fork with your plate, but allow them to rest upon a piece of bread on the table.

Do not lay articles of food on the table cloth. Bread is the only comestible which custom has consigned to that place.

Do not cross your knife and fork after finishing a course, but lay them on your plate with the handles to the right and parallel one to the other.

Do not rely too implicitly on the rules laid down by this or any other book on etiquette. Peculiarities of custom vary in widely separated localities. If not completely master of the situation, "Wait and see what others do, and follow the prevailing mode." A good degree of self-possession, with your wits at your command, coupled with a general knowledge of good dining rules, will carry you safely through any occasion which at first may appear extremely difficult.

MAXIMS OF WASHINGTON.

A BIOGRAPHER of George Washington states that at thirteen years of age Washington drew up as a guide for his future conduct the following series of maxims, which he entitled, "Rules of Civility and Decent Behaviour in Company." And although not applying exclusively to table etiquette, they are worthy of study in any connection, hence we have ventured to insert them.

Every action in company ought to be some sign of respect to those present.

In the presence of others sing not to yourself with a humming voice, nor drum with your fingers or feet.

Speak not when others speak, sit not when others stand, and walk not when others stop.

Turn not your back to others, especially in speaking; jog not the table or desk on which another reads or writes; lean not on any one.

Be no flatterer; neither play with any one that delights not to be played with.

Read no letters, books, or papers in company; but when there is a necessity for doing it you

must not leave; come not near the books or writings of any one so as to read them, unasked; also look not nigh when another is writing a letter.

Let your countenance be pleasant, but in serious matters somewhat grave.

Show not yourself glad at the misfortune of another; though he were your enemy.

They that are in dignity or office have in all places precedency; but whilst they are young they ought to respect those that are their equals in birth or other qualities, though they have no public charge.

It is good manners to prefer them to whom we speak before ourselves, especially if they be above us, with whom in no sort we ought to begin.

Let your discourse with men of business be short and comprehensive.

In writing or speaking give to every person his due title according to his degree and the custom of the place.

Strive not with your superiors in argument, but always submit your judgment to others with modesty.

When a man does all he can, though it succeeds not well, blame not him that did it.

Being to advise or reprehend any one, consider whether it ought to be in public or in private, presently or at some other time, also in what terms to do it; and in reproving show no signs of choler, but do it with sweetness and mildness.

Mock not nor jest at anything of importance; break no jests that are sharp or biting; and if

you deliver anything witty or pleasant, abstain from laughing thereat yourself.

Wherein you reprove another be unblamable yourself, for example is more prevalent than precept.

Use no reproachful language against any one, neither curses nor revilings.

Be not hasty to believe flying reports to the disparagement of any one.

In your apparel be modest, and endeavor to accommodate nature rather than procure admiration. Keep to the fashion of your equals, such as are civil and orderly with respect to time and place.

Play not the peacock, looking everywhere about you to see if you be well decked, if your shoes fit well, if your stockings set neatly and clothes handsomely.

Associate yourself with men of good quality if you esteem your own reputation, for it is better to be alone than in bad company.

Let your conversation be without malice or envy, for it is a sign of tractable and commendable nature; and in all causes of passion admit reason to govern.

Be not immodest in urging your friend to discover a secret.

Utter not base and frivolous things amongst grown and learned men, nor very difficult questions or subjects amongst the ignorant, nor things hard to be believed.

Speak not of doleful things in time of mirth nor at the table; speak not of melancholy things, as death and wounds; and if others mention them,

change, if you can the discourse. Tell not your dreams but to your intimate friends.

Break no jest when none take pleasure in mirth. Laugh not aloud, nor at all without occasion. Deride no man's misfortune, though there seem to be some cause.

Speak not injurious words, neither in jest nor earnest. Scoff at none, although they give occasion.

Be not forward, but friendly and courteous, the first to salute, hear and answer, and be not pensive when it is time to converse.

Detract not from others, but neither be excessive in commending.

Go not thither where you know not whether you shall be welcome or not. Give not advice without being asked; and when desired, do it briefly.

If two contend together, take not the part of either unconstrained, and be not obstinate in your opinion; in things indifferent be of the major side.

Reprehend not the imperfection of others, for that belongs to parents, masters and superiors.

Gaze not on the marks or blemishes of others, and ask not how they came. What you may speak in secret to your friend deliver not before others.

Speak not in an unknown tongue in company, but in your own language; and that as those of quality do, and not as the vulgar. Sublime matters treat seriously.

Think before you speak; pronounce not imper-

fectly, nor bring out your words too hastily, but orderly and distinctly.

When another speaks be attentive yourself, and disturb not the audience. If any hesitate in his words, help him not, nor prompt him without being desired; interrupt him not, nor answer him till his speech be ended.

Treat with men at fit times about business, and whisper not in the company of others.

Make no comparisons; and if any of the company be commended for any brave act of virtue, commend not another for the same.

Be not apt to relate news if you know not the truth thereof. In discoursing of things you have heard, name not your author always. A secret discover not.

Be not curious to know the affairs of others, neither approach to those that speak in private.

Undertake not what you cannot perform; but be careful to keep your promise.

When you deliver a matter, do it without passion and indiscretion, however mean the person may be you do it to.

When your superiors talk to anybody, hear them; neither speak nor laugh.

In disputes be not so desirous to overcome as not to give liberty to each one to deliver his opinion, and submit to the judgment of the major part, especially if they are judges of the dispute.

Be not tedious in discourse, make not many digressions, nor repeat often the same matter of discourse.

Speak no evil of the absent, for it is unjust.

Let your recreations be manful, not sinful.

Labor to keep alive in your breast that little spark of celestial fire called conscience.

Be not angry at table, whatever happens; and if you have reason to be so show it not; put on a cheerful countenance, especially if there be strangers, for good humor makes one dish a feast.

When you speak of God or his attributes, let it be seriously, in reverence and honor, and obey your natural parents.

THE MORNING MEAL.

BREAKFAST, as the word itself implies, should be the breaking of a fast. Not the goading of a jaded stomach with a cup of strong coffee from its fatigue of disposing of a late and hearty supper, as is too often the case, but a welcome meal to a rested system, refreshed with a sound sleep, and ready to dispose of the nutrition which will enable the human machinery to resume its work because it is supplied with the motive power.

The custom of swallowing a cup of coffee, and "snatching a bite," before going to business, and

calling it breakfast, cannot be too strongly deprecated. It is doing much to lay the foundation for dyspepsia and nervousness, of which the world already has too much. Indeed, it may be said to not only lay the foundation for these diseases, but is contributing largely to their superstructure. A forenoon's work performed on the stimulus of a cup of coffee, with only the nutriment of a hot roll, or some other article of even less value, cannot fail to prove a severe draft upon the stock of vitality, which Nature may honor under protest, but which if continued must result in final bankruptcy of the vital forces.

The morning meal should be excellent in quality, abundant in quantity, and partaken of deliberately and with a good relish. It should be eaten before heavy manual or mental labor is undertaken, and, as a rule, before much exposure to out-door influences. Much has been written, pro and con, with reference to exercise before breakfast, but the best of authorities are coming to agree that while moderate exercise may be admissible before the morning meal, it is not the part of wisdom to indulge in prolonged physical or mental toil, nor to expose one's self to too much out-door air in the early morning. The long morning walks, so highly extolled by some writers, are often more injurious than beneficial, by reason of the malarial and other influences which need to be dispelled by the warmth of the sun before pedestrians may safely venture abroad.

It may be argued that some exercise is needed "to get up an appetite for breakfast." If in some

cases this be a necessity, the dumb-bells within doors, or the saw at the woodpile, may be a good form of administering it; but a compliance with the laws of health in reference to previous meals, and to securing good wholesome sleep, will usually secure a good appetite for breakfast without extra help.

PREPARATIONS FOR BREAKFAST.

A frequent drawback to the healthfulness of a breakfast consists in the haste with which it is prepared. It is a fact that in many families no meal of the day has awarded to it so little time and thought, and hence the result is often disappointing. The consciousness that the meal is being delayed beyond the usual hour often hurries the fire so that scorched or hastily cooked food is brought to the table, the coffee is boiled to muddiness or insipidity because of insufficient time to make an infusion, and the meal is otherwise rendered as indigestible and unwholesome as it is possible to make it.

All this may be avoided by careful forethought and preparation. The meal should be planned and partially prepared the night before. No careful housekeeper should retire to her couch without first having formulated her next morning's meal, and made such preliminary arrangements as will insure its success. In fact, this principle holds good with regard to the household work in general. Much of the worry and vexation of the domestic circle

might be prevented by a very little deliberation on the part of its head and manager. The ability to "turn off work" for which some housekeepers are celebrated, often consists less in physical ability to perform labor than in skill to plan for its execution. Indeed, many a woman becomes a mere drudge and a toiler, for want of what the Yankees call "faculty" to plan. This lack is not always a mental want, for which there is no remedy; on the contrary, it is frequently a habit which can be, and sometimes has been, entirely cured.

Young matrons, into whose hands these pages may fall, will find it an excellent help in the formation of good habits in this respect, to commence to plan for breakfast; while some whose habits are already fixed may succeed in a reform by careful attention to this point. With breakfast a success, the remainder of the day is made easier.

ETIQUETTE OF BREAKFAST.

Before proceeding with the material part of the breakfast question, it may be well to devote a little attention to the general ethics of the subject. A successful breakfast consists of something more than a good meal, well cooked and eaten with a relish; and as one object of this work is to deal with the subject of table etiquette, as well as the question of what shall be eaten, no more appropriate beginning could be made than with the morning meal.

The Table Arrangements.

The cloth and napkins for the breakfast table may be colored or white, preferably the former, but in either case should be scrupulously clean. It is poor economy to allow the home table to compare unfavorably, so far as neatness and taste are concerned, with the hotel, club, or restaurant table. Clean cloth and napery, bright silver and shining china, whether of a cheap or costly character, have an attractiveness that go far to make breakfast a success. All this may be secured by a very little extra labor and attention.

The table ware differs somewhat from that of the dinner table, the plates being smaller, and where strict form is observed, the cutlery also being of a smaller size. The latter point, however, is not regarded as material, as the medium sized knives and forks are preferred in many households for both breakfast and dinner.

The dishes themselves may be white or colored, but the prevalent style is for decoration; and should a housekeeper be fortunate enough to inherit from an old-fashioned grandmother, a set of table ware such as some of us remember seeing in our childhood, she will find herself now in the height of fashion.

Make the breakfast room cheerful and pleasant, and the table neat and attractive. The adornment of the table may be less elaborate than for dinner, but flowers are always in order. Leigh Hunt says :—

"Set flowers on your table, a whole nosegay if

you can get it, or but two or three, or a single flower, a rose, a pink, a daisy.

"Bring a few daisies or buttercups from your last field work, and keep them alive in a little water; preserve but a bunch of clover, or a handful of flowering grass—one of the most elegant of nature's productions—and you have something on your table that reminds you of God's creation, and gives you a link with the poets that have done it most honor.

"Put a rose, or a lily, or a violet upon your table, and you and Lord Bacon have a custom in common; for this wise man was in the habit of having the flowers in season set upon his table, we believe, morning, noon, and night, that is to say, at all his meals, seeing that they were growing all day.

"Now here is a fashion that will last you forever, if you please, and never change with silks, and velvets, and silver forks, nor be dependent upon the caprice of some fine gentleman or lady who have nothing but caprices and changes to give them importance and a sensation.

"Flowers on the morning table are especially suitable. They look like the happy wakening of the creation; they bring the perfume of the breath of nature into your room; they seem the very representative and embodiment of the very smile of your home, the graces of good-morrow; proofs that some intellectual beauties are in ourselves, or those about us; some Aurora (if we are so lucky as to have such a companion) helping to strew our life with sweetness, or in ourselves some mas-

culine qualities not unworthy to possess such a companion, not unlikely to gain her."

Breakfast Parties.

It is becoming fashionable in cities to give breakfast parties, as they are less expensive, and quite as agreeable to the guests. The courses, though fewer in number, are served as described for dinners. They certainly have the advantage of being more healthful than late suppers.

Seating the Guests.

Breakfasts are always less formal than dinners, even with guests at table. The breakfast being emphatically the family meal, more latitude is expected and allowed, both on the part of members of the family and of the visitors. The latter, however, should endeavor to be prompt at table, and not delay the meals and keep others waiting. They should be assigned their seats by the hostess, and while remaining in the house, may take the same places at table unless otherwise directed.

As above intimated, less formality is observed at the morning meal than at dinner or supper, yet the recognized rules of table etiquette should not be disregarded. Conversation at the breakfast table should be on pleasant topics, and may be in some measure personal, extending to inquiries as to one's health, how the night was passed, etc., but should never become unpleasantly or pointedly personal. The morning paper may be glanced over, letters opened and current news discussed, excepting always topics of a disagreeable character, or subjects

likely to result in argument or heated discussion. While freedom from restraint should be cultivated and allowed, there should always be observed a regard for the tastes and feelings of others, which is the basis of all true etiquette.

Each may leave the breakfast table as business or fancy dictates, without waiting for others, or for a general signal.

Serving Breakfast.

The manner in which the meal is served has much to do with the good feeling of those seated at table. Where everything is thrown upon the table without regard to order or neatness, the consequence will be dissatisfied, uncongenial faces. If well prepared and neatly served, the breakfast will be like a gleam of sunshine flowing out upon and lightening the duties of the whole day.

Fruit, whether berries, apples, peaches, pears, oranges, or whatever is in season, is served first, then oatmeal or some other preparation of the grains in oval or round dishes upon dessert plates. The breakfast plates are kept warm, and at the appropriate time are placed before the one serving. Meats and vegetables are then brought upon the table, direct from the hands of the cook, and are at once served, the preference of those at table being consulted as far as possible. Coffee is poured by the hostess, and hot cakes are brought in near the close of the meal.

It is admissible where no "help" is employed, to place all the dishes on the table before beginning the meal. In this case the plates may all be

placed before the host, or they may be distributed around the table, in which case the napkin may be folded square and placed upon the plate, with a button-hole boquet upon it, or weighted with a roll. Hot cakes, however, should always be served fresh from the baking. It is better to dispense with them than to have them remain on the table until cold and unpalatable.

BREAKFAST FOODS.

There is an appropriateness in the use of certain dishes at certain meals for which it is well to have some regard, not only as a matter of custom, but with a view to their healthfulness. It would be manifestly unwise to eat for supper that which would be a severe tax upon the digestion at the close of the day, but which could be eaten with impunity in the morning, when the stomach is in its best condition. Again, there is a fitness in certain dishes for breakfast that would seem totally out of place at another meal. For example, buckwheat cakes, muffins, hot rolls, etc., are emphatically breakfast foods, and would seem inappropriate elsewhere.

It is better to have a very few dishes well cooked and served, than to attempt too many and have them less carefully prepared.

Following is a list of foods appropriate for breakfast:—

Grains.—Oatmeal mush and cracked wheat are the favorites, although other preparations of the

grains are much used, such as whole wheat, hominy, graham mush, and corn meal mush.

Meats.—Beef steak, mutton or lamb chops, veal cutlets, veal fricassee, veal escaloped, venison steak, cold sliced meats, broiled chicken, broiled quails or pigeons, fish broiled or fried, salt fish, eggs boiled, scrambled, poached, baked, or fried; omelets, croquettes of veal, chicken, turkey, mutton, venison, roast beef, or fish; sausage, fish balls, hash. Eggs can be prepared in a variety of ways and are preeminently a breakfast dish. One of the best ways of serving them, and one growing in favor with the simplicity of taste now being cultivated in good society, is boiled, to be eaten from the shell in egg cups, chipping off the end, or if preferred, breaking them into larger glasses.

Oysters.—Fried, escaloped, broiled, croquettes. Oftener regarded as more appropriate for dinner.

Potatoes.—Baked, fried, or warmed over; potato croquettes.

Bread.—Hot rolls, biscuit, gems, muffins, waffles, corn bread, raised bread, toast.

Vegetables.—In their season.

Drinks.—Coffee, chocolate, cocoa, shells, hot or cold milk, lemonade, etc., according to the season of the year and the resources of the hostess.

Hot Cakes.—Buckwheat cakes, griddle cakes, flannel cakes.

Fried Mush makes a very palatable breakfast dish, especially if served with a dressing of maple sirup. It may thus take the place of both the first course of grains, and griddle cakes.

Sauces.—Apple sauce, baked apples, canned fruit, sauces made from dried fruit or berries.

Cake.—Any kind of plain cake.

Pickles.—Cucumbers, peach, beet, etc.

Fruit.—Ripe in its season.

The foregoing is not intended as an absolutely complete list of breakfast foods. Such a list, were it possible to prepare it, would be altogether too cumbersome for a volume like this. It is only intended as suggestive.

Orders of Courses for Breakfast.

The following is undoubtedly in correct taste :—

Serve fruit first, followed by oatmeal or cracked wheat ; next meat and vegetables ; then hot cakes and coffee.

One feature of the above is objected to by some hygienists, who claim that a salute of cold fruit on an empty stomach is a poor preparation for the breakfast that is to follow, and assert that it cannot fail to be a detriment to proper digestion. This would reverse the order of serving fruit, and the following would be the order :—

First serve oatmeal, cracked wheat, or other preparation of the grains, with a dressing of cream or milk, fruit, sugar or sirup ; then meat and vegetables, followed by hot cakes and coffee, the meal closing with ripe fruit in its season.

No formula can be given that will apply to all circumstances and seasons. The outline may remain essentially the same, leaving the filling to the good taste and circumstances of the housewife.

Bill of Fare for Four Weeks.

Following is given breakfast bill of fare for one week in each season of the year. Fruit, coffee, and other hot and cold drinks always apply at breakfast. They are not indicated in the bill of fare, but are left to be supplied according to inclination and the material available.

WINTER.

Sunday.—Oatmeal mush, broiled beefsteak, baked potatoes, brown bread.

Monday.—Graham mush, mutton or lamb croquettes, fried potatoes, muffins.

Tuesday.—Cracked wheat, broiled beefsteak, baked potatoes, graham gems, buckwheat cakes.

Wednesday.—Hominy, veal fricassee, baked potatoes, rolls, griddle cakes.

Thursday.—Oatmeal mush, fried oysters, graham and white raised bread, buckwheat cakes.

Friday.—Corn meal mush, fresh fish fried, potato croquettes, bread, waffles.

Saturday.—Oatmeal mush, cold meat, warmed over potatoes, toast.

SPRING.

Sunday.—Whole wheat and milk, fried eggs, potato croquettes, dry toast.

Monday.—Oatmeal mush, oven-broiled beefsteak, baked potatoes, raised bread, griddle cakes with maple sirup.

Tuesday.—Hasty pudding, omelette, fried potatoes, corn bread, sliced tomatoes.

Wednesday.—Fried mush and maple sirup, hash, hot rolls.

Thursday.—Cracked wheat, broiled beefsteak, baked potatoes, yeast muffins.

Friday.—Oatmeal mush, baked salt mackerel or whitefish, boiled potatoes, johnny cake.

Saturday.—Cracked wheat and cream, poached eggs, warmed over potatoes, raised graham bread, strawberries.

SUMMER.

Sunday.—Oatmeal mush, mutton chops, boiled new potatoes, cream toast, raspberries.

Monday.—Fried mush, scrambled eggs, fried potatoes, graham gems, green corn, sliced tomatoes.

Tuesday.—Cracked wheat, broiled beefsteak, warmed over potatoes, hot rolls, strawberries.

Wednesday.—Whole wheat and milk, veal croquettes, corn cake, waffles, green apple sauce.

Thursday.—Oatmeal mush, fried spring chicken, baked potatoes, graham bread, breakfast puffs, stewed tomatoes.

Friday.—Hominy and milk, fried fish, baked potatoes, dry toast, radishes, sliced tomatoes, flannel cakes.

Saturday.—Oatmeal mush, cold sliced beef, fried potatoes, raised graham and white bread, ripe currants.

AUTUMN.

Sunday.—New cornmeal mush and milk, veal cutlets, baked potatoes, hot rolls, huckleberries.

Monday.—Oatmeal mush, broiled beefsteak, fried potatoes, raised bread, breaded tomatoes, cucumbers.

Tuesday.—Cracked wheat and cream, boiled eggs, potato croquettes, hot biscuit, green corn, blackberries.

Wednesday.—Hulled corn and milk, chicken fricassee, baked potatoes, hot rolls, green corn fritters, baked sweet apples.

Thursday.—Hominy and milk, veal croquettes, warmed over potatoes, hot rolls, peaches and cream.

Friday.—Oatmeal mush, salmon chowder, baked potatoes, corn bread, huckleberry muffins, stewed gooseberries.

Saturday.—Fried mush, poached eggs, potato croquettes, dry toast, sliced tomatoes.

THE MID-DAY MEAL.

DINNER-TIME, according to Dr. Johnson, is the most important hour in the twenty-four. At whatever time custom or convenience may dictate, dinner is not only the most elaborate meal, but it should also be the social hour of the day. It is here that parents and children and friends should meet together, prolonging the meal by pleasant conversation on topics of interest to all. Business cares and household trials should be forgotten as far as possible, and certainly should not be brought to the table.

The dinner should be prepared with special care. It may consist of but three courses, of soup, a joint, and dessert, but these should be just as good as they can be made, and should be served with neatness and taste. The dining room should be made as pleasant as possible, and the table service, though not necessarily elaborate, should be neat. scrupulously clean, and tastefully arranged.

Home Dinners.

The enjoyment of a dinner, either at home or abroad, does not depend upon servants, a large number of courses, or grandeur and display in the setting of the table. A plain, white, snowy clean cloth, a table service of plain white crockery and clear glass, with simple ornamentation of flowers and fruits and green leaves, with a simple dinner, is often more home-like, free and enjoyable, than many a more elaborate meal.

And here we would speak plainly against undertaking too much on the part of the house-wife. Simple food and a very few courses nicely cooked and daintily served, is certainly more enjoyable than when too much is undertaken at the expense of overdone or underdone dishes and a frown on the lady's face.

Healthwise simplicity is certainly preferable, and a pampered appetite is never reliable. To have a good appetite, one must eat regularly of simple, nourishing food, and nature will take care of the rest.

We draw no sharply defined line of demarkation between company and home dinners. We see no

reason why the home dinner should be served with less taste and care than at a dinner party. If the meal is plainer and less elaborate, this need not detract in any particular from the harmony and beauty of the setting of the table, nor from the true politeness and due conformity to good dining rules on the part of all present. These should maintain as strictly at the home table as at the dinner party. We will therefore consider the subject of luncheon, and then proceed directly to what we shall term "Decorum of Dinners." But before passing to the subject of luncheon, we shall take our stand squarely on the subject of

Wine at Table,

and shall take this opportunity of giving a temperance lecture in a small way. We believe that wine at table has done more to create and foster a love for strong drink among the young, than all the saloons in the land. The habit of drinking is seldom first formed at the saloon. The drinking customs of "good society" have much to answer for in creating a desire to which the saloon gladly ministers at a later day. Dr. Richardson has clearly demonstrated that alcohol is not food. Science further tells us that alcohol in any form can only retard digestion. Alcohol is a powerful absorbent of water. Break an egg in alcohol, and in a few moments it will absorb the moisture from the egg, and cook it in such a manner that it will be almost impossible for the stomach to digest it. It has this effect on nearly all foods, more or less. A piece of steak remaining in alcohol a couple of days would

make a good boot tap. Leave it there a little longer and it will crumble to powder between your fingers.

Alcohol also affects the stomach itself, and renders it incapable of digesting food. It destroys the pepsin of the gastric juice, and the work of digestion must be suspended until the alcohol can be got out of the stomach. Food eaten by any man on a regular "drunk," is not digested while pickled in liquor. He becomes nauseated and "throws it up," or it remains in his stomach undigested until he sobers off.

In this work we have only one phase of the subject to consider. Wine retards digestion and we shall leave it out of our menu in toto.

Should you be at table where wine is served, quietly place your fingers over the top of your glass when it is passed, and say, "please excuse me." No true gentleman or lady will urge one to drink after so declining, and badinage on the subject at another's expense is not only out of place, but is decidedly ill-mannered.

The custom of drinking "your health" is not so common now as it once was, and we hope the days of "treating" will ere long become obsolete. A gentleman once responded thus when his health was drank:—

"Gentlemen,—You have been pleased to drink my health with wine; for the former I thank you; to the latter you are welcome. Your drinking *me* will do me no harm; drinking *it* will do you no good. I do not take wine because I am determined

wine shall not take me. You are most daring, but I am most secure. You have courage to tamper with and flatter a most dangerous enemy; I have courage to let him alone. We are both brave, but our valor hath opposite qualities. I do not drink your healths; my doing so would be no more generous than giving change for a shilling. I would rather drink your diseases; would rather root out from you whatever is wrong and prejudicial to your happiness. Suppose when I lift bread and water to my lips, I exclaim, 'Here's Luck to You!' all the luck attending the action would come to me, in the mouthful of bread or drink I should take; but if in the partial adoption of society's customs, I take opportunity to scatter a few good ideas which may govern your lives hereafter, then there *is* luck to you, and to all of us. In that way I thank you for your cordiality."

LUNCHEON.

It is sometimes impossible for business men to return to their homes at noon. In such households the custom has long prevailed of serving luncheon at mid-day, the dinner being taken later when the head of the household returns from business.

This custom, growing from a convenience, has long been a fashion in society, both in Europe and America, and though of late an effort has been made to revive the so-called old "New England

Dinner" at noon, no great reform has as yet been obtained in what is known as society. No doubt from a health stand-point it is better to take the dinner at mid-day, but as fashion has dictated otherwise, the elite must submit to her decree. So the old-time dinner has given place to the luncheon.

There is usually much less formality at luncheon than at dinner. Formerly it consisted of bread at the sideboard, and it is often little more than this at the present time. It is all placed on the table at once, regardless of the number of courses.

Colored table-cloths may be used for lunch, though white ones are preferable. White cloths with colored borders, or unbleached damask with napkins to match, assist in the unceremonious effect desired at this meal. But though informality is the unwritten law of luncheon, anything like carelessness is unallowable. All the setting and arrangements should be fastidiously neat and tasteful, that we may forget for a brief space that this is but a short interruption of the drudgery of every-day life. The most approved luncheons consist of cups of broth, chocolate, light meats, hash, croquettes and stews, with any salads, plenty of fruit and plain cake.

Informal Luncheons.

Informal luncheons on days set apart for calls are often very enjoyable. Autograph invitations may be sent out, or the lady's card with written invitation of "Luncheon at two, Wednesday, October 15th," is appropriate. The absence of cere-

mony at lunch adds to the attractiveness of the meal, and because of this, and the ease with which such light preparations are made, company lunches are growing in favor. With the most ceremonious lunches, an hour's visit goes with the meal, and a little more elaborate menu may be indulged in. Broiled chicken, shell fish, chops in paper frills, salads, with ices, tarts, and fruits and fancy cakes for dessert are in order. Beef-tea, in fancy cups with tiny saucers is often served, and anything that serves to break the monotony of the regular lunch may be introduced on the table by the hostess, who will, however, avoid the appearance of elaborate cookery for the occasion.

Unlike dinners, a guest may excuse himself from table at lunch, pleading business or other engagements. Neither is the same punctuality insisted on, though a guest will always please the hostess to be present at the appointed time.

The courses being all placed on the table, servants may be dispensed with. It is admissible for the lady to bring on the meal in courses if she likes, though it is not preferable.

DECORUM OF DINNERS.

In order to be a welcome guest at a dinner party, and to be able to maintain the ease and self possession of which a good "Diner Out" should be capable, one should be well versed by practice,

or well read in the intricacies of the accomplishment. While a choice dinner is not to be despised, as ministering to the wants of the physical man, its highest benefits are often of a social and intellectual character, and people frequently make greater progress in becoming acquainted at the table, than under any other influence that may be brought to bear upon them.

But upon the host and hostess more than all others, depends the success of the dinner party. Nothing of the appointment or arrangement should be left to chance, or to the bungling of incompetent servants. It has been well said that if you ask a man to dinner, you are responsible for his happiness during the time he remains under your roof; and that "he who asks his friends to dinner, and gives no personal attention to the arrangements of the dinner, is unworthy to have any friends."

The Invitation.

Persons giving dinners make their calculations on how many and whom they wish to invite, and send just the number of invitations, which may be written on small note paper with initial or monogram stamped on it, but nothing more. If for a small gathering of intimate friends, an invitation may be written in a familiar style, in the first and second persons; but for all large parties or formal occasions, the third person should be used throughout. Avoid commencing in the third and ending in the second person. Do not say, "Mrs. Smith's Compliments to Mrs. Jones, and requests the pleasure of *your* company," nor "Mr. & Mrs. Brown's

Compliments to Mr. Black, and would be pleased to see *you* at *our* residence."

[INVITATION TO DINNER.]

Mr. & Mrs. Charles H. Jones request the pleasure of Mr. & Mrs. Johnson's company at dinner, on Wednesday next, at six o'clock.
No. 10 Park Place, July 15th.

Notes of Reply.

Invitations should be immediately acknowleged and accepted or declined, that the number may be made up, and the host or hostess know what to expect. The ability to gracefully accept or decline an invitation is quite as essential as the knowledge of how to invite. The forms herewith given will indicate the general style.

To make a response certain, the invitation should bear the initials "R. S. V. P." *(Respondez s'il Vous Plait.)* A failure to make immediate reply to an invitation bearing these letters is an unpardonable breach of etiquette.

[NOTE OF ACCEPTANCE.]

Mr. & Mrs Johnson accept with pleasure the invitation of Mr. & Mrs. Jones to dine with them on Wednesday next, at six o'clock.

It is well to repeat the date and hour in accepting an invitation, that there may be a mutual understanding.

[NOTE OF REGRET.]

Mr. & Mrs. Clark regret that the illness of their daughter will prevent the acceptance of their kind invitation for Thursday evening next.

When necessary to decline an invitation, the reason for so doing should be given. In the note of reply both the lady and gentleman are addressed. On the envelope the address of the lady

only appears. If an invitation has been once accepted, and circumstances arise to prevent its fulfillment, notice should immediately be sent, apologizing for the necessity, and stating the cause. This should be done, even at the last moment.

The Guests.

As the object of a dinner party is something more than to eat and drink, the selection of the guests is a matter of importance. They should be chosen from those of the same social standing, and with special reference to their capacity as talkers and listeners. Being thrown into close relations at the table, there should be congeniality, sociability and harmony of taste and sentiment, or at least an absence of their opposites.

As dinner parties are especially appropriate for married people, it is improper to invite the husband without the wife, unless it is to be strictly a gentlemen's dinner, and is in equally bad taste to invite the wife without the husband, except to a ladies' dinner, either of which cases is exceptional and very seldom occurs. Other members of the family may be invited, to a limited number, but unless the party is a large one, this is not to be expected.

For a gentleman's party, the invitation should carry only the name of the host, and for a ladies' party, a similar style should be observed. A ladies' dinner, is, however, socially speaking, almost unknown, as ladies prefer visiting each other to lunch, "teas," and the informal "coffees" growing

so highly in favor, especially in small towns and in the country.

Promptness at dinner is even more imperative than at a reception or party. Guests should endeavor to arrive only a little before the exact time; to be much earlier is not in good taste, while to be late is to annoy and keep in waiting those who are ready.

The hour for such occasions varies from a little past noon in the country to eight or nine o'clock in the city. Perhaps the more usual hour in the former is two o'clock, and in the latter six o'clock. Should any unavoidable circumstance prevent a guest from being punctual, notice should be given the hostess as promptly as possible, that dinner may not wait with the party in suspense.

A recent, but very satisfactory reform permits the guests to sit down at table at the appointed time, even if all have not arrived. This saves the tardy guest from disarranging the plans of the host and hostess, prevents any danger of the dinner spoiling, and spares himself a position of the discomfiture his tardiness brings him. It is an uncomfortable thing, no matter how unavoidable the detention, to come flushed and hurried into a dining room, to find the host and hostess striving to conceal their nervousness and irritation at your late arrival; the assembled guests impatient, and a general regard of yourself as the culprit.

Punctuality on the part of the hostess is also quite essential to the success of a dinner. The guests may have plans with which a long delay will materially interfere, and hence there should

be promptness on both sides. A tardy guest need not expect dinner to wait more than twenty minutes.

It is the privilege of the host to arrange the guests with reference to the success of the dinner as a whole, and he may therefore assign to the gentlemen their partners at dinner, which arrangement should be implicitly followed. If the company is small, the host should personally see that the parties are introduced and informed of his wishes; if large, the two names should be written on a card, inclosed in an envelope addressed to the gentleman, and handed him by a servant, or left upon a salver in the reception room for the guests to select from. On ascertaining the name of his partner, the gentleman should immediately seek an introduction, and inform her of the host's decision.

If the dinner is given in honor of some gentleman, he is assigned the seat of honor, at the right of the hostess, whom he escorts to the table. If in honor of some lady, or if otherwise, if a bride is present, the host tenders her his escort and seats her at his right. If none of the above circumstances govern, the host escorts the lady least acquainted with the company, or the most elderly lady of the party, and the hostess is assigned to the gentleman in like circumstances. These are followed to the dining room in due order by the remainder of the guests, age taking precedence.

Arrangement of the Table.

A tastefully arranged table is an essential feature of a successful dinner. The table linen should

be snow white and direct from the laundry. An under-cover of white cloth or baize gives the linen a heavier and finer appearance, and prevents any disagreeable noise in moving plates and dishes. Decorations of flowers are in excellent taste, and a handsome vase of growing plants in bud and blossom is sometimes introduced with good effect. It is a pleasant custom to place a small boquet by each lady's plate, and to fold a few buds and sprigs in each gentleman's napkin, which he pins to the lappel of his coat, on taking his seat at the table. Fruit tastefully imbedded in green leaves, adds to the charm of a well spread table.

It is in good taste to place a castor at each end of the table within reach of all, and the fruit plates, etc., around the center piece. If the table be long, vases or stands of flowers may be placed at intervals down it, care being taken that they are not so large as to obscure the view across the table.

The centerpiece may be composed entirely of flowers, or art may assist. "Gracefully shaped *epergnes*, composed of crystal and silver, are very stylish, and when arranged with low plates, or branches and shallow dishes, to hold bon-bons, fruits, flowers and ferns, artistically mingled, the effect is always pleasing to the eye." The same author recommends a clear block of ice 12 inches square, or 12 by 18 inches, placed upon a waiter or silver salver, imbedded in moss, flowers or trailing vines. This would certainly be very refreshing during the sultry summer months, and would not be out of place at any season in the dining

room, where the atmosphere is often overheated, the blazing gas jet and the hot viands playing no insignificant part in making the temperature at times almost unbearable.

The following suggestions from the pen of a modern author are especially applicable in this connection :—

A Handsome Dinner Table.

"What a pretty thing a well-set table is, and how much goes to its completion. Every housekeeper knows that, and is aware what immense service is rendered to the cause by the possession of cunning little ornaments and appurtenances, as valuable in their way as the 'plate' which is the pride of her heart. How much, too, the very foundation of the matter has to do with it, the snowy table linen, the napkins tastily arranged, the fresh flowers and lustrous glass.

"As regards the table linen, many fashions have had temporary sway within the last few years, dating, indeed, back to the perfection of the machinery which has so entirely superceded the spinning wheel and hand loom that house linen ceased to be the product of household industry. But underlying fashion is still the inherited love of snowy-white damask, not to be extinguished even by the æsthetic love of tone, although for a while it had considerable influence, which is still traceable in the cream colored drapery to be found in our midst. A little while ago the height of the fashion consisted in the introduction of color, and

those 'go the whole length' had insertions of colored plush in the center and squares of the same material as a bordering for table cloths. Colored and figured stripes, too, were popular and still are so for the tea cloth, but not in the best families for the dinner table.

"Another innovation consisted in trimming the table cloth with lace insertion and edging, and decorating the table napkins to match, a fashion which is still popular, but not likely to become usual. Most of the decorated cloths, that is, those with colored borderings, come from Germany. Usually the tones of color are in three combinations—black, old gold and red; or blue and old gold; red and old gold, and they are finished off with knotted fringe. Plain white momie table cloths have all openwork bordering instead of a colored one, which is entirely done by hand, and could only be the product of a country where labor was cheap, as it is in Germany.

"Some of the energetic housekeepers of America undertake the decoration of their table cloths themselves, but they are few in number. Napkins to correspond have borderings of drawn work and fringed out edges. Then there is yet another variety which is popular in the broche cloths, which have usually a handsome bordering of colored embroidery and knotted fringe. With so many to choose from, the modern housekeeper has quite a difficulty in making a selection, but spite of all these novelties, the demand for handsome Irish damask has not lessened."

Dinner a la Russe.

The Russian method of serving dinner, as illustrated in the engraving at the head of this department, is in favor, where circumstances will permit, the carving and filling plates being done at a side table by the servants, two or more of whom wait upon the table, commencing one on each side of the host and hostess, at the right. In this case the latter may sit at each end of the table, if preferred, and a waiter will then serve each side of the table. If served in this manner, the table being unincumbered by dishes will allow of a more elaborate decoration. Highly ornamented table linen is here in order, and the centerpiece may be more pretentious. A fountain playing in the center with its base hidden in moss, vines and flowers, with vases of flowers at intervals down the table, and dishes of fruit imbedded in leaves, is, perhaps, as charming a spread as can be made. Other centerpieces may be made as tasteful without the expense of a fountain. A stand surmounted with pineapples, or other large fruit, with clusters of grapes hanging from it, or any other simple device, will answer as well.

Serving of Dinner.

If the courses are placed upon the table, the host and hostess may sit opposite each other, at the center, to facilitate the work of helping the guests, which should be done in the order of precedence maintained in coming to the table. If servants assist at the table, they may take the plates as filled by the host, and pass them to the

designated persons, or those at table may assist. The latter is less formal, and tends to promote freedom and facilitate conversation.

It is admissible at less formal dinners, to serve the soup before seating the guests, or the tureen and soup plates may be placed before the hostess, who serves it as soon as the guests are seated.

In handling the dishes, the servants in waiting should wear gloves, or use a napkin with one corner wrapped around the thumb, the latter method being considered the better.

The first course served is soup. This should not be declined, even though it be not partaken of, nor should it be called for a second time, nor eaten greedily, nor sipped from the spoon with a loud noise.

Following the soup comes fish, which may be declined if the guest so wishes, but must not be called for a second time. It is eaten with a fork held in the right hand. Care should be taken to allow no bones to get into the mouth, which necessitates their awkward removal with the hand. Should this chance to occur, the removal should be accomplished with the mouth concealed with the napkin.

"The entrees follow fish; they are served in covered side dishes; only one should be tasted, or at most not more than two of these. They consist of sweet breads, *pates*, cutlets, and made dishes generally.

"The roast meats follow. You must not begin to eat meat until you have all the accessories, the vegetables, gravy, etc."

The side dishes follow the fish, and must also be eaten with the fork, using the knife to cut anything too hard to be easily divisible with the fork. A spoon may be used for liquid and semi-liquid foods but not for those of ordinary consistency. Any side dish may be declined or called for a second time. Discretion should be exercised in repeating a call, as a dish may be a rarity and the supply limited.

Under the head of "Table Etiquette," the general rules for conduct at table have already been given and need not be repeated here.

Waiting and Being Waited Upon.

A correct understanding of the relation of master or mistress and servant, is an essential attribute of gentility. To wait upon others with grace makes the servant so far the gentleman or lady. To receive service or attention with a want of grace, proves the recipient so much the less a gentleman or lady. Whatever the relative positions of the party socially, true courtesy should characterize all their intercourse. As a rule it will be found that the more cultivated and well bred the host and hostess, the more considerate are they of their inferiors in the social scale, and the more truly polite to their servants.

Waiters should never be scolded or impatiently reproved in company. Inattention or carelessness should not pass unnoticed, especially if displayed toward a guest, but the censure should be administered in private.

To put her guests at ease and keep them so, the hostess should be able to preserve a perfect equanimity of temper, unruffled by anything which may occur, even though it be a serious accident or the breakage of her choicest dishes. This is demanded as due her guests, as distress or annoyance exhibited by her will be more or less shared by others. It is often the case that people of sensitive natures, who are not at all at fault when an accident occurs, feel the most anxious concern in regard to it, and the hostess should *assume* indifference, even though the loss be great, as otherwise the enjoyment of the occasion may be seriously marred.

Guests should always seek to contribute to the enjoyment of one another. A gentleman sitting by a lady should render her such service and attention as opportunity may offer. He should consult her tastes and wishes and endeavor to see that they are gratified.

Conversation at table should be unrestrained and upon pleasant topics only. Controversy of all kinds, either political or religious, should be studiously avoided. To facilitate conversation, the habit should be formed of taking small mouthfuls, as every one knows how awkward it is to talk with the mouth filled with food, and how embarassing is the necessity for prolonged mastication and swallowing before a question can be answered.

All the guests remain at the table until the last one has finished, when, at a signal from the host-

ess, all rise and return to the drawing room. Here the remainder of the evening may be spent socially in conversation, music, etc., the guests being at liberty to depart at pleasure. It is not well, however, to depart too soon after dinner, unless important business or other engagements make it necessary, in which case a word of apology is due the hostess.

The custom of the ladies retiring from the table to allow the gentlemen to drink more deeply and converse and indulge in coarser jokes than should come to a lady's ears, is now nearly obsolete, and is regarded as a relic of a more barbarous age. In the better circles all rise together, and with heads clearer than of old, enjoy the refining influence of the society of the ladies so long as they remain after dinner. If ladies took the trouble to become better acquainted with the business world in which their fathers, brothers and husbands are engaged, they would become more self-reliant and better capable of coping with adversity, which it is not impossible may overtake the most favored in our land. On the other hand if the gentlemen came more in contact with sisters, wife, or sweetheart, their lives would become more refined. Club life in our large cities can hardly help being demoralizing in its tendencies. This system cannot be supported in Germany, France and Italy, as the men prefer to have daughters and wife share in their social amusements. Hence the club gives place to the *cafes*, parks and gardens.

Thackeray has said:—

"One of the greatest benefits a young man may derive from women's society is that he is bound to respect them. The habit is of great good to your moral man, depend upon it. Our education makes us the most eminently selfish men in the world. We fight for ourselves; we push for ourselves; we cut the best slices out of the joint at the club dinners for ourselves; we yawn for ourselves, and light our pipes, and say we wont go out; we prefer ourselves and our ease; and the greatest good that comes to a man from women's society, is, that he has to think of somebody besides himself—somebody to whom he is bound to be constantly attentive and respectful.

"Certainly I don't want my dear Bob to associate with those of the other sex whom he doesn't and can't respect; that is worse than billiards, worse than tavern brandy and water, worse than smoking selfishness at home. But I vow I would rather see you turning over the leaves of Miss Fiddlecombe's music book all night than at billiards, or smoking, or brandy and water, or all three."

Calls after a Dinner Party.

Etiquette requires that the guests shall call upon the hostess during the week following the dinner party. The call should never be delayed longer than a fortnight. This rule applies to all who received invitations, whether they were accepted or not.

DINNER FOODS.

Dinner being the substantial meal of the day, it permits the free introduction of soups, roast and baked meats, fish, fowl and wild game, vegetables, fruit and dessert. To particularize would be out of the question.

Soup is especially a dinner course, and should be served first unless oysters are served raw, when they precede it. Let the soup be rich in nourishment and palatable, and not the watery, sloppy stuff which so often disgraces the name. Good instructions for making will be found in the recipe department of this work.

Baked or boiled fish may follow, preceding the meats and vegetables where both "fish and flesh" are served, or with vegetables if the courses are fewer, and the fish supercedes the meats entirely. Next in order comes the "roast beef of Old England," with all the other varieties of roast, boiled and baked meats; or their places may be supplied with baked fowl, chicken pot-pie, or wild game. Vegetables should be served with the meats. Bread accompanies every course at dinner, and bread and butter is a part of the dessert.

Pickles of some kind, appropriate to the dishes served, are in order at every meal. Cheese usually accompanies the dessert, and should be crumbled and eaten with the fork. Puddings, pies and cake come in under the head of dessert *ad libitum.*

Coffee and tea, hot or iced, chocolate, cocoa, milk either plain, hot, or iced, and lemonade, are drinks in order, varying with the seasons and the tastes of individuals. All mention of them will be omitted in the "Bill of Fare."

Fruits, in their natural state, are beginning to take the place their merits deserve. No table is complete without ripe fruit of some kind if it can be obtained. Strawberries, raspberries, blackberries, and huckleberries in their season, served with sugar and cream, are more palatable than all the made dishes in the world for breakfast, dinner or supper, and twice as wholesome. Next come watermelons, cantelopes, nutmeg and musk-melons, followed by grapes, peaches, pears, plums, and when the most luscious of our domestic fruits are gone, we can fall back on the old sturdy stand-by, the apple, with an accompaniment, as our purses will allow, of the tropical fruits, the orange, banana and pineapple. Serve fruit of some kind, even though it be canned, at every meal.

Bill of Fare for Four Weeks.

The following is given as dinner bill of fare for one week in each season of the year. Soup and some kind of drinks being the accompaniments of each meal, are omitted here, leaving the housewife to make her own selections from the recipe department. Raised bread being applicable for dinner is also omitted. We present only a plain bill of fare within the reach of ordinary households.

WINTER.

Sunday.—Roast turkey, mashed potatoes, lima beans, cranberry sauce, celery; mince pie, bread pudding.

Monday.—Roast beef, boiled potatoes, turnips, celery; tapioca pudding, fruit cake, currant jelly.

Tuesday.—Baked chicken, mashed potatoes, baked squash, cranberry sauce, canned peaches; almond pudding, apple pie, cheese.

Wednesday.—Roast mutton, potatoes in their jackets, canned string beans, cold slaw; pumpkin pie, fruit, nuts, cake.

Thursday.—Chicken pie, mashed potatoes, turnips, canned corn, celery; rice pudding, lemon pie, fruit.

Friday.—Baked fish with stuffing, potatoes, tomato sauce, canned peas; apple pie with cream, jelly cake.

Saturday.—Chicken pot-pie, boiled tongue, potatoes, baked squash, canned fruit; croquettes of rice or hominy.

SPRING.

Sunday.—Baked lamb, potatoes, asparagus, cold slaw, strawberries; custard pie, chocolate cake.

Monday.—Meat pie, new potatoes, stewed onions, pickled beets; rice pudding.

Tuesday.—Boiled beef with soup, potatoes, fried parsnips, pickled beets, lettuce.; rhubarb pie.

Wednesday.—Chicken pie, baked or fried new potatoes, asparagus, fried cabbage, canned fruit; lemon pie, cocoanut cake.

Thursday.—Roast veal, mashed potatoes, salsify,

turnips, lettuce, tomatoes; bread pudding, English currant pie.

Friday.—Boiled whitefish with sauce and sliced lemon, potatoes, parsnips, canned corn, celery, rhubarb sauce; canned blackberry pie.

Saturday.—Roast beef, potatoes in their jackets, pickled beets, stewed tomatoes; strawberry short-cake.

SUMMER.

Sunday.—Baked chicken, potatoes, green peas, radishes, pickled beets, strawberries; lemon pie, mixed cake.

Monday.—Stuffed fillet of veal garnished with green peas, potatoes, summer squash, sliced tomatoes; raspberry pie, fruit.

Tuesday.—Roast beef, mashed potatoes, string beans, lettuce; strawberry short-cake, fruit.

Wednesday.—Stuffed beefsteak, boiled potatoes, green corn, squash, radishes, blackberries; apple dumplings, cake.

Thursday.—Boiled corned beef, cabbage, potatoes in their jackets, green peas, boiled onions, stewed tomatoes; green apple pie.

Friday.—Fresh fish baked or boiled, potatoes, succotash, pickled beets, huckleberries; custard pie, cake.

Saturday.—Cold tongue, baked potatoes, cabbage, green peas, lettuce; blackberry pie.

AUTUMN

Sunday.—Roast wild duck, currant jelly, mashed potatoes, lima beans, sliced tomatoes; peaches and cream, chocolate cake, grapes.

Monday.—Meat pie, steamed potatoes, green corn, baked squash; peach pie, ice cream, cake.

Tuesday.—Roast beef, potatoes, turnips, plain boiled rice, sliced tomatoes; cottage pudding, lemon pie.

Wednesday.—New England Boiled Dinner.—See recipe department. Cocoanut pudding, mince pie.

Thursday.—Thanksgiving Day.—Chicken or oyster soup, baked fish or canned salmon, mashed potatoes, roast turkey, cranberry sauce, sweet potatoes, baked squash, stewed tomatoes, beet pickles; mince pie, apple or pumpkin pie, plum pudding, grapes and oranges, nuts.

Friday.—Fried oysters, potatoes, lima beans, celery, mixed pickles; corn starch pudding, apple pie.

Saturday.—Veal stew, squash, beet pickles, apple sauce; baked custard, lemon pie.

SUPPER, as a third meal in the day, belongs to those whose business engagements allow them to dine early, and should be the lightest meal of the three. Much display and a variety of courses at supper are not in good taste, and certainly are not healthful. The food should be simple, limited in variety and daintily served. It is no small pleasure to return at the close of the labors of the day, having thrown off all cares and perplexities of business, and with wife and children surround the daintily spread supper table, and amid light and warmth and cheerful conversation partake of a wholesome repast with those nearest and dearest to us.

It seems that here as at no other place, the noise, care and turmoil of business are entirely thrown off, and one can give himself wholly to the enjoyment of family and kindred friends.

There is a gate latch on your street that shuts

with a different click from any other; a grass plat in front of a house that is greener to you than any other; and when you have passed through the door of that house, which somehow has a look different from all others, you enter rooms in which you find the books you love, your particular easy chair and the other luxuries which seem so inviting at the close of the day's toil; but better and dearer than all the rest is the home circle of wife and children. And when you have shut that door on entering, you have shut in as much of heaven as belongs to mankind in this world.

Let us add, that as you cross that grass plat and enter through that door, its closing should shut out all the carking care and worry of business, and you should give yourself up to the enjoyment of the little heaven with which you have surrounded yourself.

Habit is a wonderful conjurer. By commencing right you will soon become accustomed to wear a smile, and be the pleasant, attentive, sympathizing husband and father on your return from the labors of the day. It will sometimes cost an effort of self-control, but the result in the happy, loving faces that will surround you is worth the effort. If the commencement is wrong, and the fretful, impatient words and acts which policy has compelled you to restrain during the day are saved to explode on those at home, or if your business cares and embarassments are bemoaned and complained of at the fireside to sadden and discourage your wife, and repress the spirits and drive back the tokens of love which your children

might manifest, your heaven will soon be transformed to a place of gloom and discord, resembling more nearly a place of sulphurous name and satanic habitation.

Some think in their selfishness that the housewife has no cares worth comparing with those borne by the lords of creation. But put him in a petticoat and oblige him to attend to the household duties and endure the cares and vexations arising from them for but one little week, and he would gladly pass over the reins of household control with a sigh of relief, and more respect in his heart for the household sprite who has borne the load so uncomplainingly and has ever met him with a smile.

And, while the household cares and vexations of the day which are ever the lot of the fair Eves who preside over our home domain, should never become a subject of conversation before her family, and over which she certainly should never become querulous and complaining, the husband in his superior strength should surely be able to bear his daily cares with equanimity, and make the hours of his stay at home the brightest and sweetest to the wife. She should be able to look forward with the pleasantest of anticipations to the evening reunions around the supper table and the fireside. Our homes are pleasant or otherwise, as we make them.

"This world is not so bad a world
As some would like to make it,
For whether good, or whether bad,
Depends on how we take it."

Smiling, cheerful, happy faces should surround the supper table, and we may all do well to heed the advice given in the following poem, written by F. E. Belden for the *Musical Messenger* of January, 1882, entitled

Wear a Smile.

Always wear a sunny smile,
Be it fair or cloudy weather;
For 'tis but a little while
We have here to live together.
Wear a smile.

Who feels better for a scowl,
Or a word in anger spoken?
Hateful glance, or ugly growl,
Or some other evil token?
Wear a smile.

Not a silly, sickly grin,
Nor an everlasting giggle;
For the human tongue and chin
Were not made to wag and wiggle
All the while.

Nor to gossip overmuch
In regard to friends and neighbors.
If you meet with any such
Give their long linguistic labors
Silent touch.

Oft a light and careless word
Proves a seed that yieldeth sorrow.
Better is a speech deferred
That a hundred gossips borrow
Soon as heard.

Better is a word of praise,
  Than to have *all* virtues buried,
Just because some people's ways
  From our own are slightly varied.
    There are days

Bleak and cold, and dark and drear;
  There are mild days, soft and sunny;
There are seasons of the year
  When the blossoms all yield honey;
    And 'tis queer

If all people must be sad
  And as blue as azure ocean!
Or be always gay and glad!
  Or if all to suit *our* notion
    Must be clad!

There's undue attention paid
  To the faults of friends and brothers,
And too straight a path is laid
  Not for us, but laid for others,
    I'm afraid.

It were well if good were said
  For our mem'ry's future keeping
When our feet in silence tread
  O'er the mound where they are sleeping
    With the dead.

Who has not some loved one there?
  Who feels not a pang of sadness
At the thought of words unfair?
  Words may yield both grief and gladness,
    Joy and care.

Then put on a sunny smile
  Be it fair or cloudy weather;
For tis but a little while
  We have here to live together.
    Wear a smile.

Setting the Table.

The supper table will not allow of the profuse ornamentation of the dinner table. Flowers are always in order. The floral decorations from the dinner table may be brightened up and made over with the addition of fresh leaves, sprigs and grasses. The table linen should be white and clean, and the plates and cutlery of smaller size than for dinner. In the short days of winter, when out-door flowers are gone, pots of blooming plants may be substituted with excellent effect, the pots themselves being concealed by bright knit covers, or pretty paper cases. The ever satisfactory geranium, the fragrant heliotrope, or any of our easily cultivated window favorites make very pretty table decorations, and lend the glow and perfume of summer to the supper room, when the snow is blowing outside, and winter holds his icy reign.

Supper may be called the eminently æsthetic meal of the day. It is certainly not a necessity, but rather a luxury of taste and refinement. There is a nameless charm about the bright, cheerful supper room, especially on a winter evening when cold and gloom reign without. The drawn curtains, shutting out a world of dreariness, shutting in a world of light and warmth and beauty, the bright, glowing fire,—an open fire is always to be preferred,—the family table in the centre of the room, with its snowy cloth and napery, its shining tea service, and delicate viands, form a picture that lives in the mind when time and change have

worked their ravages in our lives and homes, and removed, perhaps, the dear forms and faces that constituted the soul of the picture.

Supper in summer should be a still lighter meal than in winter. There should be fruit and flowers in abundance, cooling drinks, and light, refreshing dishes. Heavy suppers are indulged in too extensively by both English and Americans. The French and Italians seem to better understand the significance of the evening meal, and their light menu is much to be preferred.

Much less formality should be observed at supper than at dinner, yet the general rules of table etiquette should always maintain. All the courses for supper are generally placed on the table at once.

SUPPER FOODS.

As before suggested, supper foods should be light and easy of digestion. The serving of many dishes would not only be a great burden to the housewife, but would undoubtedly tempt the appetite to over indulgence, which might be borne at the mid-day meal, but would too severely tax the powers of digestion at the evening meal.

The bread should be the lightest of raised bread, toast, tea buscuits, muffins or gems. This may be accompanied by the yellowest and sweetest butter, rich cream or comb honey.

Cold sliced meats, or canned meats, or fish, may

be served for supper, although recent hygienists speak loudly against the serving of meat, especially at the evening meal. And certainly, with the other resources at command it may be dispensed with to profit. We, as well as the English, eat too much meat as a nation. More of the fruits, grains and vegetables should obtain in our bill of fare, with less of animal food.

Any of the drinks usually accompanying meals are in order, although coffee is seldom served.

Ripe fruit, canned fruit, pickles, cake, shortcake, tarts, etc., are in order.

But it would be useless to enter further into detail on this subject, neither shall we present a supper bill of fare. The season, tastes of the family and resources of the cook must govern in this matter. And with the passing injunction to make the supper table pleasant and attractive, as well as dainty, both in setting and food, we pass to other subjects.

PARTY SUPPERS.

SOCIAL gatherings during the evening hours are of very ancient origin. They date back into the dim past as far as history reaches. It is interesting to follow this subject down the ages, through the luxurious periods of Greek and Roman supremacy, when the supper table offered to guests not only what was supposed to be desirable to the taste, but more especially that which would excite their wonder and admiration, and display the wealth and extravagance of the host. Dissolved pearls were doubtless no very delightful beverage, yet we know that princely hosts of the Greco-Roman period delighted in swallowing fortunes in that way, for the envy and admiration of their guests.

Farther down in the semi-barbarous times we find the Saxon wassail and Norman feasts gradually yielding up their ruder features, and giving place to more refined festivities.

It is not in the province of this book to essay any reform, however much needed, in the customs and habits of refined society; but, even at the risk of going beyond our sphere, we venture to

protest against the late hours, heavy suppers, and the over heated atmosphere of the balls and parties of the *beau monde.* Many a hollow-eyed consumptive and confirmed dyspeptic might date his loss of health from the fashionable dissipation of evening balls and parties, with their accompaniments of late suppers, excitement, heat, and cold homeward drives.

An evening party much more satisfactory to guests and hosts, would assemble as early as seven or eight. This would give plenty of time for social intercourse, music and innocent amusements. Refreshments might be carried around on trays, and the guests served with cake, coffee or lemonade. Fine large napkins should first be handed around. These should be spread on the knees to receive the plates afterward furnished. Delicate sandwiches of chopped tongue, spread thinly on sandwich buscuits, or the white meat of turkey or chicken are very nice for such entertainments. Ice cream, confectionery and ripe fruit of any kind may be served.

A more elaborate style, and one growing in favor among the English, is to have the table spread in the supper room. At a certain hour, varying with the proposed length of the entertainment, the doors of the supper room are thrown open; supper is announced; the host, accompanied by the lady to whom most honor is supposed to be due, either on account of age or celebrity, followed by the hostess, paired off in a similar fashion, lead the way to the supper room. The guests follow, the host and hostess having previously provided

each lady with an escort. If hot soups are served, or stewed oysters according to the French style, the guests are seated at table, or little side tables are provided for twos or fours, and bowls of soup handed around by the attendants. All the carving is done beforehand, and all the food is placed on the table, no courses being allowed.

If no soup is in the menu, the program is simplified. No chairs are set, but guests stand around the table, or secure what they want for themselves and companions, and find seats in the supper room. The host should be sure to have the room fully provided with seats for all invited. There should always be several attendants to wait on guests, pour coffee, dish up ices, and to see that everything is provided according to the previous arrangement of the host. These unceremonious suppers are quite taking precedence of the stately affairs so fashionable in the last century. They facilitate conversation, ease, and the choosing of congenial companions out of mixed gatherings at large parties.

The menu at such suppers may consist of boned fowl, cold roast beef, cold boiled tongue, raw oysters, chicken salad, lobster salad, thin slices of graham and white light bread, sandwiches, cheese, jellies, preserved fruits, Bavarian cream, chocolate cream, ices, cake, fruit and confectionery. Hot coffee and tea, milk or lemonade may be served to guests according to their choice. The table may be decorated with flowers as elaborately as at a dinner party, or they may be entirely dispensed with. Much license is allowed in the ar-

rangement of the table. Cake stands, fruit baskets and dishes of confectionery artistically arranged, usually occupy conspicuous places in the centre of the table, or, if the tables are very long, and the guests numerous, then the cake and fruit and larger dishes and castors should be placed in the center, and also at each end of the table. These should be flanked by the cold meats, salads, sauces, and other viands, arranged conveniently for the guests. Plates may be distributed at intervals in piles, with knives, forks, spoons, etc., or they may be arranged on a sideboard or side table, presided over by some one who hands them out to the order of the guests, with napkins. Tea, coffee, and other drinks are also served from a side table. Attendants should also be in waiting to replenish the dishes and keep the table tidy.

From the time the supper room is thrown open, until the dispersion of the company, guests may be at liberty to take refreshment, coming and going at their will. The informality of these party suppers is their chief charm. There is, however, one drawback in the fact that careless or selfish people seem to feel themselves licensed to injure the property of their host. Many a rich carpet, delicate curtain or elegant piece of upholstery has been ruined by the carelessness of guests. Many a hostess who smiled unconcernedly through her evening party, has spent the following day mourning over, and vainly endeavoring to remove the stains and daubs of last night's revelry from the

elegant furnishing of her dining room. Now that æsthetic taste has declared that dining rooms shall be garnished with rich drapery, embossed leather and tapestry, according to the means of the proprietor, there is much more danger of damage than in the old days of bare walls and polished floors. No guest of refinement will be guilty of any carelessness in the supper room. Ordinary table etiquette is of course impracticable, but the rules of good breeding, as well as the Golden Rule, which is the very foundation of true politeness, should always obtain.

The tea-party is still very popular among quiet circles. It corresponds pretty nearly with the French *Conversazione*. A limited number of guests, belonging to the same set, as nearly as is practicable, are invited. Conversation, music, dramatic readings, or a short parlor lecture may occupy from one to two hours, after which light refreshments may be handed around. If desirable, tables may be set in a room adjoining the parlor or drawing-room. The host and hostess occupy their usual places, and wait on the guests; or servants may pass around the viands, and fill the cups from a side table. The refreshments should be light, consisting of delicate sandwiches, bread and butter, cold sliced meat, cake and fruit. The usual table etiquette obtains, and conversation should become general, and protract the delicate repast.

In conducting a lady to the supper-room, a gentleman gives her his arm, conducts her to the table, then, with a slight bow, hands her to the seat assigned her, after which he seats himself at

her side. He is careful to see that she has what she desires; but over-anxiety on that subject, or conspicuous attentions are not in good taste, and would be annoying to any lady of refinement. Finally, for an evening party to be a success, the rooms must not be crowded. Everything in the program should be thoroughly arranged beforehand, that no confusion or mistakes may occur. The host and hostess should have the faculty of putting the guests at their ease; and guests should be politely pleased with the entertainment given them, taking care not to air any of their particular hobbies, or exhibit, to the general discomfort, their peculiar idiosyncrasies.

A variety of evening entertainments may be treated under the head of Party Suppers. These are Receptions, At Homes, *Musicales*, and the Kettle Drum, revived from the Military East India life of our British ancestors. Our suggestions in regard to Party Suppers may apply to any or all of these. Care should be taken not to make the supper the chief feature of the evening's entertainment, but rather a subsidiary episode. Of course the hostess will have spent much careful thought on its arrangement, that all may go off smoothly; but to the guests it should be merely a pleasant incident of the evening. A light, informal refection will prove most satisfactory, both from a social and health standpoint.

Forms of invitation are similar to those for dinner parties, except that it is usual in the case of evening parties for the invitation to bear only the name of the hostess, as,—

Mrs. Elliott requests the pleasure of Mr. and Mrs. J. L. Brown's company on April 2nd, at eight o'clock, P. M.

120 Fifth Ave., March 25th.

Or,—

Mrs. Elliott requests the pleasure of Mr. and Mrs. Brown's company to a small evening party on Tuesday, April 2nd, at eight o'clock, P. M.

120 Fifth Ave., March 25th.

If the party is to be a large one, or in honor of some State guest, or in celebration of some special event, a departure may be made from this general rule, and invitations may bear the names of both host and hostess.

Garden Parties

Are becoming a feature of our American social life. They have the advantage over other parties, in that they are given in daylight, and in the open air. They are especially delightful in the country, or in country-like towns. A more or less extensive lawn is required, and if there is not sufficient shade from trees and shrubbery, tents or awnings should be erected.

The company arrive and disperse usually between the hours of one and six P. M. The hostess receives the guests, after which they scatter about the grounds, find their friends, and amuse themselves as they will. Informality is the rule. Conversation, promenades, or out of door games are in order. It is customary to have a brass band or trained glee club, or both, to enliven the occasion.

Luncheon should be served from two to three o'clock. If the grounds are large enough to permit, it should be spread under an awning or tent. If not, then in the house, and, if possible, in a

room opening on the lawn or on a porch, so that windows and doors may be thrown open, giving, as nearly as can be, an out of door effect. Luncheon should be conducted according to the suggestions given under Party Suppers. The menu should, perhaps, embrace some more substantial dishes, such as baked fish, roast fowl, vegetables and pastry. This is, however, optional with the hostess. Plenty of bread and butter, sandwiches, cake, fruit, confectionery, ices, and cooling drinks of an unintoxicating nature, form a delightful repast for such an occasion. The general rules of table etiquette will obtain at such feasts. It must be remembered that the informality encouraged at these parties does not allow of any breach of the laws of politeness or table decorum. Gentlemen will look to the comfort of the ladies who happen for the time to be in their charge, and will avoid the appearance of too marked a preference for any particular lady. Exclusiveness at such a party, above all others, tends to dampen the pleasure of all concerned. Formal introductions are not expected of the host or hostess, neither do they pair off the guests for luncheon. The company should be mainly selected from the same set, and are therefore supposed to mingle freely. When luncheon is announced each gentleman will escort the lady who happens to be receiving his attentions at the time. It is allowable for guests to take leave an hour after luncheon, but if any earlier, then an apology is due the hostess. Before leaving, guests should pay their respects to the host or hostess, thanking them for the pleasure they have afforded.

NEW YEAR'S CALLS, and the provision made for them by the ladies receiving callers, may properly be considered in a work of this kind.

So far from being of recent origin, the custom of New Year's Calls is older than our country itself, as will be seen by a perusal of the following well written article, by James Parton, condensed from the *Youth's Companion* of January 3, 1884, and which also gives a graphic account of its observance in New York City:—

Washington's Reception.

"On New Year's Day, 1790, President Washington, then in the first year of his first term, lived at the Franklin House in Cherry Street, New York, a region now chiefly occupied by sailors' boarding-houses and beer-shops.

"The city was then a little Dutch town of cobble stones and gardens, containing about fourteen hundred houses and twenty thousand people, most of whom were tradesmen and mechanics of very limited means.

"The President had lived among them several months, but most of them had held aloof through the awe inspired by his great character and his high office. But on this New Year's Day a great number of them put on their best cocked hats, their Sunday wigs, and all their best clothes, and called upon the President.

"The day was unusually mild and fine. Most of the townsmen called about noon, quite filling the reception rooms of the Franklin House. Each individual was introduced by name to the President, who was much interested in the novel custom, and responded with more than his usual cordiality to the New Year's salutations. The worthy New Yorkers withdrew from the house greatly pleased with the President's urbanity.

"In the evening Mrs. Washington received callers, assisted by a few ladies of her more familiar circle. It was a brilliant moonlight night, and the temperature was so summer-like that the ladies were dressed in their lightest attire.

"The visitors were introduced by the 'gentlemen in waiting,' and after being presented to Mrs. Washington, seated themselves about the room. A tray containing cakes, tea and coffee, was handed around from time to time, and Mrs. Washington moved about the room conversing with persons whose faces she remembered.

"She was overheard to say to a lady standing near her,—

"'Of all the incidents of the day, none has so pleased the general [she always called her husband *the general* at that period] as the friendly greetings of the gentlemen who visited him at noon.'

"The President himself alluded to the subject, and asked whether the observance of the day was customary.

"'It is,' replied one, 'an annual custom derived from our Dutch forefathers, and we have always observed it so.'

"The President seemed much interested and said,—

"'The highly-favored situation of New York will, in process of years, attract emigrants, who will gradually change its ancient customs and manners; but whatever changes take place, never forget the cordial, cheerful observance of New Year's Day.'

"The people of New York have followed the excellent advice given them by the Father of their Country, and the day is still observed with very much of its ancient spirit and universality. Indeed, the first day of the year in the city of New York is of all the holidays the one most universally observed. I think more people cease from labor and give themselves up to enjoyment on that day, than on the Fourth of July.

Refreshments.

"In olden times, (as some persons now living can remember) ladies expended their chief care upon

loading their New Year's tables. Never since have I seen such masses of provisions exhibited as I used to see every New Year's at the house of a family of Dutch descent who lived in Brooklyn, Long Island. The master of the house had been everything, which multiplies acquaintances. He had been fireman, soldier, Odd Fellow, good fellow, alderman and contractor; and his wife, a comely dame, of high proficiency in all branches of the culinary art, used to prepare a table of such astounding profusion, that I hardly dare to describe it.

"There were usually four turkeys upon it, of enormous size, and there were two vessels of pickled oysters which, I think, must have each contained half a barrel. There were rounds of beef, roasted and boiled, and huge masses of a Dutch compound called 'head cheese,' built up into architectural forms and decorated with parsley. There were birds, some with their feathers and some without. The mince pies, turnovers, tarts, and New Year cakes, were exhibited in mounds, and incredible fantastic heaps.

"Besides the food on the tables, there was provision made down-stairs for supplying hot oysters in various forms, with hot coffee, and (if the truth must be told), with hot punch.

"There was an immense bowl of cold punch, of potent composition, standing in the room, and kept replenished from ten in the morning until midnight. Man has scarcely invented any intoxicating compound which was not provided every

year at this old-fashioned house. And not at this old house only.

"Forty years ago nearly every house provided wine and punch. The consequence was, that the cities of New York and Brooklyn, on New Year's Day, from four P. M., until midnight, contained more drunken men than could be found in any other population of equal extent on earth. To say that a hundred thousand persons were very hilarious in the streets in the evening, would probably be within the truth.

"This excess is no longer practiced. Instead of the groaning tables of a former period, we now find the most beautiful display of flowers. In some houses at present, no table is spread at all. Usually, however, there is an elegant semblance of refreshments to be discerned somewhere in the distance, of which callers are formally invited to partake, but which only the more polite and self-possessed gentlemen do more than glance at.

"Gentlemen of the old school, and some very good gentlemen of the new, still make a point of going to the table, and taking something nice in homage of the ladies who provide it.

"About the middle of the afternoon, when the work of calling is in full tide, the streets present a singular and truly brilliant appearance. All the showy and elegant vehicles in the city are in motion, drawn by beautiful horses, two, four, six, and occasionally as many as eight, conveying men only.

"Not a lady is to be seen in the fashionable streets. Men dressed to perfection, adorned with

button-hole bouquets and wearing light-colored gloves, are seen on every hand, singly, in twos, in threes, in fours, in groups, in gangs, in clubs, in crowds, in whole fire companies, moving on to call upon ladies, or upon a popular clergyman, or upon His Honor the mayor, or some political Boss of great magnitude.

"It is this last abuse which has threatened of late years to spoil and put an end to the beautiful and unique festival. There was a popular authoress some years ago, who was obliged to close her house, because some hundreds of her readers thought it becoming in them to pay her their respects on the first day of the year.

"From eleven in the morning until eleven in the evening, she could scarcely find time to sit down, and she was obliged to take so many sips and infinitesimal bites, that she had to suffer the pangs of indigestion, without having enjoyed the previous delight of a feast.

"To many ladies the day is one of extreme fatigue and some danger, from a similar cause. People call on that day who call on no other, and thus turn a lovely custom into ridicule and torment.

"Some ladies reckon up their callers and speak boastfully of their number. This has encouraged the fire-company style of visitation, and threatened at one time to bring New Year's calling into disrepute."

Etiquette of New Year's Calls.

The ladies of the household unite in receiving, and sometimes several ladies of different families

join at one house, previously announcing the fact in those papers which publish in advance the list of ladies who receive on that day.

Gentlemen frequently call in company, uniting in twos, threes, or fours, but not usually in excess of the latter number. They may call upon ladies known to only one of their number, the rest of the party being introduced, thus extending the sphere of their acquaintance.

Calling hours are from early morning, say ten o'clock, until nine at night, but those who devote the day to it may reasonably expect to cease calling by seven, as the ladies who have been receiving all day will be fatigued.

At houses where the ladies do not receive, a neat basket is hung at the door to receive the cards of callers. In this the gentlemen deposit a card for each lady of the household, and one for each lady guest, if any are visiting the family.

Refreshment Preparations.

Refreshments are offered, comprising cakes, cold meats, oysters, etc., and non-intoxicating beverages, it being a custom growing in favor to exclude wines, many of our first ladies having adopted it since the illustrious example of Mrs. Hayes at the White House receptions. In fact the practice of offering wine to New Year's callers cannot be too strongly denounced. Many a man owes his ruin to just such fashionable customs; and whoever has the moral courage to declare for temperance and right will command the respect of society, and establish an example that

will eventually be followed by all persons of high social standing.

Ladies receive in full dress. Visitors are ushered in by attendants, who take their cards and announce them by name at the door of the reception room. After the usual salutations are exchanged, the ladies invite each guest to partake of refreshments. These are usually spread on a side table in the reception room. In temperance circles, cups of hot tea and coffee, or glasses of hot or cold lemonade are substituted for wine. The good old custom still obtains of the ladies waiting upon their guests with their own fair hands. It is convenient to have a servant standing in readiness to execute any order of the entertainers. In less pretentious, but equally select circles, ladies receive with grace and dignity without the aid of servants. This is more easily managed where several receive together, the duties of usher and entertainers being alternated among them.

Callers should only remain a few minutes after paying the compliments of the season, and should partake but sparingly of refreshments, as they will be expected to taste some of the New Year's feast at every house on their round. It is therefore prudent to economize the appetite. The laladies remain standing during each call, as, of course, callers do not take seats.

Of late, many ladies in our larger cities vie with each other in reporting the greatest number of New Year's callers, and many gentlemen being cognizant of this, simplify their New Year's work by merely leaving cards at the door. This, however, is an abuse of the good old custom that should never become the fashion.

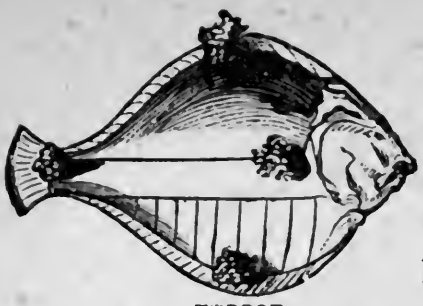
IT is considered no mean accomplishment to be able to carve neatly and expeditiously. Every one should give this subject due attention, as awkward carving is very annoying, and detracts from the pleasure of the meal. Some tact and more practice will enable any one to become skillful in this attainment; but unless the host or hostess is expert in the art, it should never be attempted at table.

Formerly the art of carving was held in much higher estimation than at the present day. No lady or gentleman was considered fitted for the duties of host or hostess until he or she had mastered the intricacies of scientific carving, and

could, with ease, dexterity and grace dissect all fish, fowl and flesh that is allowed to figure on the table of an epicure. In fact the art was taught to the youth as thoroughly as they were grounded in music, belles lettres, and the Latin grammar. Its importance in the estimation of society has been decreasing for many years, and now in a majority of the wealthy houses, both in this country and in Europe, the carving is done by the butler before the meats are placed on the table. In less pretentious establishments, an experienced servant, or the host or hostess carve before guests are seated. In this way there is less delay at table, and the one who presides is saved much trouble and the possibility of discomforture before the eyes of critical guests. But the host who takes pride in understanding the art of carving will not lose an opportunity to exercise his skill, and so the good old fashion of carving at table will not go out of vogue while people of elegant leisure are dinner-givers and diners out.

Fish.

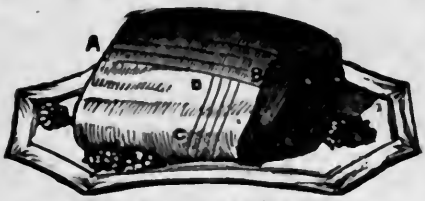
In carving fish the silver fish-knife and fork, or fish slicer, is used; a steel knife never. The carving of fish is no very difficult operation. It requires more care than knowledge, as the principal thing to be avoided is the breaking of the flakes, and sending a plate untidy in appearance to those whom you are serving. Remember that the neat appearance of the foods you serve adds much to their appetizing qualities.



TURBOT.

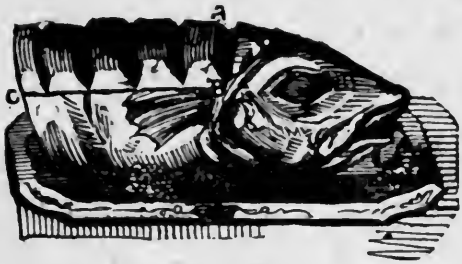
Carve large flat fish, like the turbot, etc., down the middle from head to tail, then across with the fin, which is helped with the rest.

Salmon is first cut in thin slices from A to B, then crosswise from D to C. Serve some of the thin cut from the under side, and some of the thick, or upper side, on each plate. The thick or upper cut is considered the best flavored.



MIDDLE CUT OF SALMON.

Flounders, smelts, herring, and other small fish, are served whole. A mackerel is first cut in halves from head to tail and then quartered by a cross-cut, thus serving four persons. Cod is first cut from C to B, and then sliced as from A to B, and served the same as salmon.



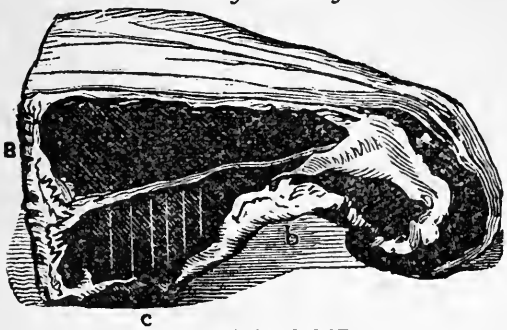
COD FISH.

Beef and Veal.

Ribs of Beef may be carved in slices, as from A to B in sirloin, each plate being supplied with a portion of fat. Another method is to remove

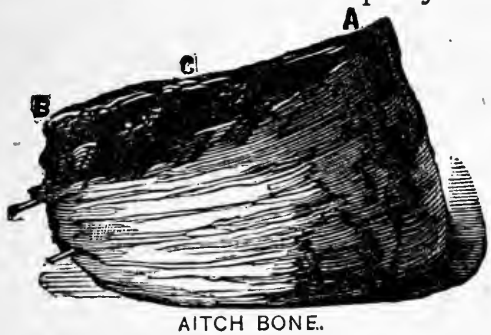
the bones and form into a fillet. Thin slices may then be cut from the whole surface.

A Sirloin of Beef should be cut lengthwise from A to B for the upper cut, and crosswise in thick slices for the under cut, as shown by the white lines running from the centre down. Serve each plate with fat from D. Consult the preference of those at table, as some prefer the upper, while others prefer the under cut.

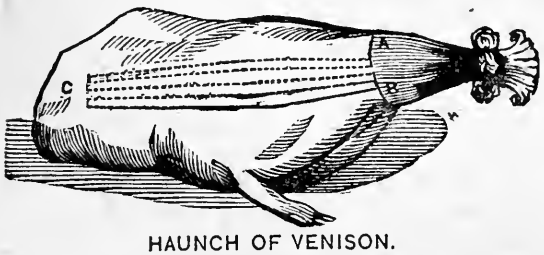


SIRLOIN OF BEEF.

Aitch Bone.—A simple joint to carve. Cut thin slices the size of the whole joint as represented in the engraving. If boiled, remove a slice from the top, say a quarter of an inch thick, before commencing to serve, so as to arrive at the juicy part at once. Carve from A to B; then serve fat from C. A round of beef is carved in the same manner.



AITCH BONE.



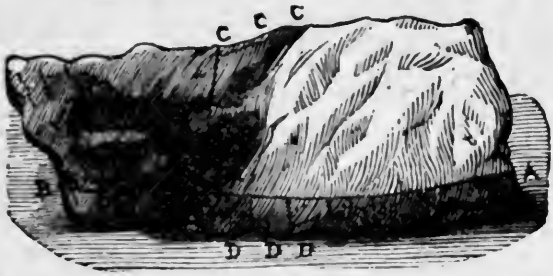
HAUNCH OF VENISON.

Haunch of Venison.—Place the loin nearest. Make a cut from A to B, then serve slices from A to C. Serve fat from the left side.

Fillet of Veal.—Cut in horizontal slices as you would a round of beef. The top slice should be of a crisp brown, and a small piece of it should be served with each plate. Some of the stuffing and fat should be served to each at table.

FILLET OF VEAL.

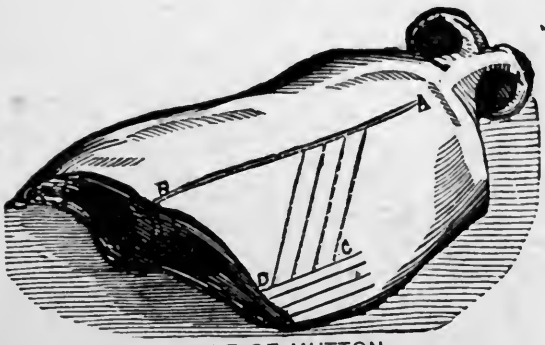
Breast of Veal.—Used for roasting, stewing, ragout, etc. Cut ribs from brisket from A to B. The small bones are considered the choicest. Cut them as at D D D, and the long bones at C C C, and serve according to preference of guests.



BREAST OF VEAL.

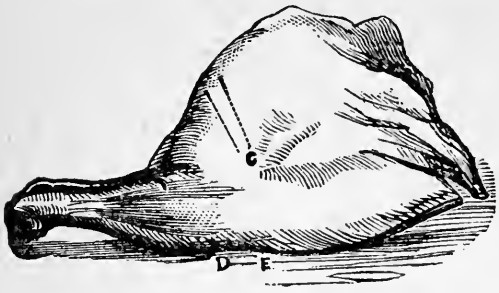
Mutton and Lamb.

Saddle of Mutton.—Seldom carved by a lady. Carve in thin slices from A to B, then downwards from C to D. Serve each person with a portion of fat.



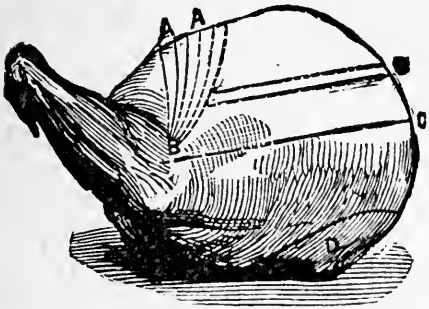
SADDLE OF MUTTON.

Leg of Mutton.—Place for carving as represented in the engraving. Carve in thin slices from B to C, giving thicker slices as the knuckle is neared. Serve to each a little of the fat near the thick end, as it is considered a delicacy. When cold, place the back of the leg uppermost.



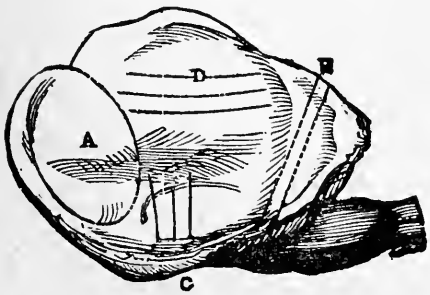
LEG OF MUTTON

Shoulder of Mutton.—Place for carving as shown in cut. Take wedge-like slices from A to B, then cut from both sides of the blade bone from C to B, and serve fat from D. The joint can then be turned over and cuts taken from the under side.



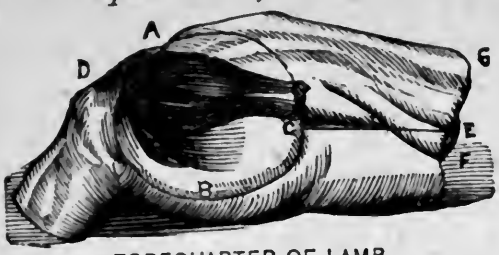
SHOULDER OF MUTTON.

Loin of Mutton.—For family consumption. May be cut through the joints in the form of chops, or, commencing at A, cut thin slices as long as admissible, then long slices to the bone, as indicated at D. Smaller cuts may be taken as shown at B and C.



LOIN OF MUTTON.

Forequarter of Lamb.—First remove the joint whole by cutting a long line from A, C, B and D, placing on a separate dish. Separate neck from E to D, and then serve from neck F, or breast G, according to choice of guests. Before being placed upon the table the shoulder should be cut off and left on the joint.

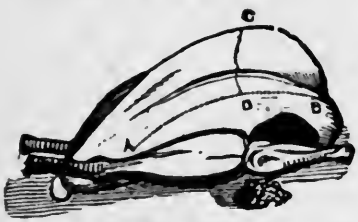


FOREQUARTER OF LAMB.

Fowl.

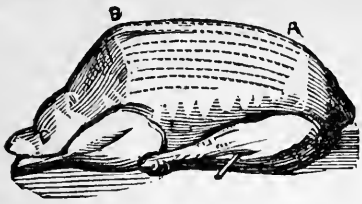
Perhaps no carving requires such delicacy of manipulation and so much practice, as the carving of fowl, for if done awkwardly, it is very annoying and disagreeable. A little study of the anatomy of the fowl with persistent practice, will alone bring proficiency.

Roast Fowl.—The joint will usually separate by inserting the knife between the legs and side and pressing back the leg with the blade of the knife, if not, it can be easily severed by a touch of the knife. Next cut off the wing from D to B. Remove merry thought and side bones. Serve a slice of the white meat with some of the dark, to each guest, consulting preferences as far as possible.



ROAST FOWL.

In serving a turkey, goose or duck, the same method is pursued as with smaller fowl, only there



ROAST GOOSE

being larger quantities of each part, it should be separated finer. Slices are cut from the breast from A to B, and then the legs and wings are taken off. Stuffing is served to each plate. The breast is then divided and the back cut in two.

A partridge and pheasant are served like fowl. Pigeons and snipes are cut in halves and served in that manner. Quails and other small birds are served whole.

How to Select Meats.

EVERY housekeeper should understand how to select provisions for her table. Not only should she understand the merits of the various foods she provides, but she should also be able to exercise judgment and forethought, as well as economy in her purchases. To plan out each day's bill of fare, so as to secure a pleasant variety from day to day is no simple matter, but requires much careful thought and management.

In order that the provisions should be of a uniform good quality, a person experienced in the selection of foods should do the purchasing. It should not be left to some careless servant, nor the selections trusted to the butcher and grocer. Whenever it is practicable the housekeeper herself should do the marketing. She can then personally examine and choose the articles needed.

Tradesmen who habitually deal with the mistress of a house soon learn to be particular in the matter of serving her. Passing from stall to stall, or from shop to shop, she can easily select the finest fruits, and the best vegetables and meats. This method takes a little time, but is much more economical and satisfactory in the end, than to leave orders to be filled by the butcher, the grocer and fruiterer.

The most difficult articles to select are meats, fish, fowl, etc. It requires some knowledge and discrimination to be able to determine the quality of such stores. Fish of all kinds should be rigid and the eyes bright. The gills also should be red and plump. They will then be in a good state of preservation, and firm and solid when cooked. There is a great difference in the keeping quality of fish. Fresh water fish do not keep as long as salt water fish; and those that live near the surface of the water are soft and of looser grain. They keep but a short time, dying almost as soon as taken out of the water. Mackerel, herring, catfish and flounders are of this sort. They should be used as soon as possible after being caught, as they soon lose their fine flavor. All shell-fish should feel solid and heavy; if they seem in any degree light and watery, they are not fit for use. Oysters have the shell closed firmly when they are good. If their shells are at all open, they are not good.

Beef

Is the staple article of meat diet both in this country and in England. For ordinary consump-

Location of Joints of Beef.

JOINTS OF BEEF.

1. Sirloin.
2. Top, or Aitch Bone.
3. Rump.
4. Buttock, or Round.
5. Mouse Buttock.
6. Veiney Piece.
7. Thick Flank.
8. Thin Flank.
9. Leg.
10. Fore Rib, Five Ribs.
11. Middle Rib, Four Ribs.
12. Chuck Rib, Three Ribs.
13. Shoulder, or Leg of Mutton Piece.
14. Brisket.
15. Clod.
16. Sticking.
17. Shin.
18. Cheeks, or Head.

Uses of Joints.

Roasting.—Ribs, Sirloin, Rump, Mouse Buttock, Fillet of Sirloin, Tongue, Heart.

Frying or Broiling.—Loin, Sirloin, Porter-house, Round and Chuck steaks.

Stewing.—Beefsteak, Plate, Flank, and inferior portions.

Puddings and Pies.—Beefsteak, Fillet.

Soup and Gravy.—Shin, Cheeks, and inferior parts.

Salting.—Round, Aitch-bone, Brisket, Tongue.

tion it has great advantages over other meat; but so much beef is placed on the market that is, for one cause or another, unfit for food, that great care should be taken in its selection. Especially is this true in large cities, where the beef is shipped from large slaughter houses, which have been supplied from droves of western cattle, crowded together, in many instances, in cars that could not comfortably hold more than half their number, and often suffering so from thirst and other causes that they are actually diseased when they arrive at the slaughter yards. We cannot estimate how much disease arises from the use of unwholesome meats. As a people, we use too much animal food, and it would be well, especially in summer, to substitute for this gross diet, farinaceous food, fresh vegetables and ripe fruit. The health of the family depends largely upon the judgment and care of the person who does the marketing, and it is of the first importance that that person should have a thorough knowledge of how to select the meats for home consumption.

The beef of the ox is by far the best. It is bright red, juicy, and more stimulating than cow or heifer beef. If the animal has been properly fattened, the flesh should be fine grained and elastic to the touch. The fat should be thick and firm, of a yellowish color, and should run through the meat in generous seams. The suet should be white and firm. A fat beef should have one-third of its dead weight in fat, a good amount being separate suet.

Beef should be five or six years old and quickly

Location of Joints of Veal.

JOINTS OF VEAL.

1. Loin, Best end.
2. Loin, Chump end.
3. Fillet.
4. Hind Knuckle.
5. Fore Knuckle.
6. Neck, Best end.
7. Neck, Scrag end.
8. Blade-bone.
9. Breast, Best end.
10. Breast, Brisket end.
11. Head.

Uses of Joints.

Roasting.—Fillet, Best end of Breast, Brisket, Best end of Neck, Heart, Sweet-bread.

Frying.—Cutlets from Shoulder.

Stewing.—Brisket end of Breast, Neck, Sweet-bread.

Boiling.—Knuckle, Shoulder, Head, Tongue.

Pie.—Inferior parts.

When Veal is Good.

Veal is used from four weeks to three months old. It is best at from six weeks to two months old. It should never be used younger than four weeks, although it is sometimes butchered younger, but is unfit for food.

fattened to have the best flavor. If beef is dull in color, close and compact in texture, with the fat of a bluish white and sparsely distributed, it will be tough and flavorless.

Heifer beef is next best to ox beef. It is paler in color, of a closer grain, and not quite so juicy. The fat is clear white and not so plenteous. These signs clearly distinguish it from ox beef, as do the bones, which are, of course, much smaller. Cow beef is the poorest quality of beef, though, when fattened quickly, it makes very good meat. It never acquires, however, the rich, juicy quality of ox beef, nor is it so nutritious.

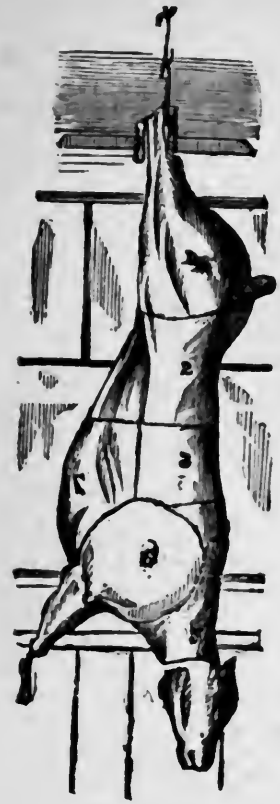
Veal

Should be of a whitish color; the flesh dry and elastic to the touch. The grain should be close, and the kidneys covered thickly with fat. If the flesh is of a dark color it is not good, and you may look upon it with suspicion. If it is of a coarse grain, or moist to the touch, it is not fit for use. Veal is a light meat and easy to digest, but its nutritive qualities are not very great.

Mutton

Is best at four to seven years of age. The color should be dark red. It should be fat in order for it to be tender and of good flavor. The fat should be very white and firm, and the lean should be fine grained and firm also. Mutton is considered best during the fall of the year, or, perhaps it would be nearest the mark to say from August to New Years. The flavor of mutton is thought to

Location of Joints of Mutton.



JOINTS OF MUTTON.

1. Leg.
2. Loin, Chump end.
3. Loin, Best end.
4. Neck, Best end.
5. Neck, Scrag end.
6. Shoulder.
7. Breast.

Saddle of Mutton. — Two Loins undivided.

Chine.—Two sides of Neck undivided.

Uses of Joints.

Roast.—Saddle, Haunch, Leg, Loin, Best end of Neck, Breast, Shoulder, Chine, Head.

Fried and Broiled.—Chops from Loin and Neck, Cutlets from Leg, Loin and Neck.

Stewed.—Scrag of Neck.

Boiled.—Leg, Scrag end and Middle of Neck.

Salted.—Leg and Ham.

be improved by keeping it a few days after it is killed. It should be hung in a cool, dry place away from flies, and should be wiped dry every day. In choosing mutton remember that the brisket is first to become tainted, and that part of the meat that lies around the kidneys. Wether mutton is much the better. It can be distinguished from the ewe by its larger bones and darker meat. A leg of mutton furnishes the most economical family dinner. It shrinks less than other joints in the cooking, and has a solidity and substance that makes it "go farther" than most meats.

Lamb

Is recognized as such till the animal is twelve months old. It should be of a pale red color. If the animal has been lately killed, the vein in the neck will be blue; but if it is stale, the veins will be of a greenish color. Lamb spoils very quickly. The first part to become tainted is the hind quarter, near and under the kidneys.

Venison

Must be fat or it is not fit for use. In the young deer the cleft of the haunch is smooth and close.

Common Fowls

Should be fat to be good. Feel of the breast bone and be sure it is well covered with flesh. In some diseases fowls die without becoming poor, excepting on the breast. If sick, they invariably fall away there, and the bone feels sharp and pro-

JOINTS OF LAMB.

1. Leg.
2. Loin.
3. Shoulder.
4. Breast.
5. Ribs.

3, 4, 5. Forequarter.

Uses of Joints the same as in Mutton.

JOINTS OF VENISON.

Venison is divided in four parts.

1. Haunch.
2. Neck.
3. Shoulder.
4. Breast.

Uses of Joints.

Roasting.—Haunch, Neck, Breast.

Pastries.—Shoulder.

trudes. The spurs of cocks should be short; and it is well to examine them and be sure that they have not been cut or pared to give the birds the appearance of being young. The legs, as a rule, should be smooth, although local causes that do not affect the health of the fowl may roughen the legs. In the West, where there is much alkali in the soil, the legs are almost always rough and scaly. The comb should always be smooth and bright, the vent dark and firmly closed. This is true of all fowl when fresh and in good condition.

Turkeys

Should have clear, full eyes and moist legs. You may then know they have been fresh killed. The legs of old turkeys are rough, and of a reddish color, while the young ones have smooth, black legs. It is of the first importance to be able to choose young birds, as age changes the flavor more than in most other fowls.

Geese

When fresh killed have supple feet, but when kept too long the feet become stiff. The bills and feet of old geese are quite red, while those of the young ones are yellow and the legs free from hair.

Ducks and Pigeons

Both have supple feet when fresh, but when kept too long the feet stiffen. The breasts should be plump for them to be in good condition.

Partridges

When young have dark bills, and yellow legs. The breast should be full and round.

Pheasants, Plover, Snipe and Woodcock

Have supple and moist feet when young and fresh killed. The cock pheasant is better than the hen. The spurs of the young bird are small and round, while the old ones have long sharp spurs.

The preceding directions, with proper discrimination and care, will enable any housekeeper to acquire a knowledge of how to select meats for family consumption. If they are followed up by daily experience in choosing these important articles of diet, one will soon become proficient in choosing the best, and add to these rules a stock of personal knowledge exceedingly valuable.

PART TWO.
ETIQUETTE.

THE relations of man to his fellow man, both domestically and socially, impose upon him certain obligations in the discharge of those duties to society in which mutual rights and privileges are concerned. The refinements of modern civilization have amplified these duties and amenities into a code which has been entitled ETIQUETTE, a knowledge of which places one at ease in society, and prevents unpleasant mistakes in our intercourse with others.

Some of the rules of etiquette are largely the caprice of fashion, and are liable to change from year to year. Such, it will be apparent, are of less importance than those which are recognized as of enduring character, and which may be said to prevail in good society everywhere, and without a knowledge of which one can never be otherwise than ill at ease in the company of others.

The True Basis

Of good behaviour, in all the walks of life, is found in the underlying principles of Christianity, as ex-

pounded by its great Author, consisting of a just recognition of the claims of our Creator and the rights of our fellow men. However familiar a man may be with the usages of polite society, or however polished an exterior he may present, if he is selfish at heart, scheming to advantage himself at the hands of others, he is not, in the full acceptation of the term, a gentleman. Hence no code of laws, however punctiliously observed, can make the gentleman or the lady of one whose love for humanity is not a ruling principle. Better far to possess the latter, with but a limited knowledge of rules, than to be governed solely by codes and customs, with a selfish nature beneath it all.

Even Lord Chesterfield's definition of good breeding, standard authority though he may be, is open to criticism as wanting in the true principle. He says it is "the result of much good sense, some good nature, and a little self-denial for the sake of others, and with a view to obtain the same indulgence from them." While it is true that self-denial for the sake of others often begets a return from them, its performance "with a view to obtain it," is wrong in principle and often disappointing in results.

The Value of Courtesy.

The adage that "first impressions are most lasting," the truth of which is daily exemplified, shows the importance of a courteous bearing, both in business and social life, to pave the way for success in gaining the esteem of others. While it is doubtless true that we may be deceived into

forming good impressions of unworthy men by their studious care to please, it is equally true that by disregarding what some are disposed to call "little things," many have taken a lower place in the esteem of others than that to which they were entitled by virtue of their real worth.

Some are disposed to undervalue politeness and courtesy because they are so often assumed to make an impression; but if the counterfeit article can be successfully passed, does it not teach us the real value of the genuine? It is a mistake, too often made, to suppose that courtesy and politeness are synonymous words with hypocrisy and deceit, or that brusqueness of manner is a true indication of frankness and honesty.

Home Etiquette.

True gentility is an attribute of chararacter, and hence its cultivation is best accomplished under the influences which so much assist in the formation of the character. The perfect lady or gentleman at home will always exhibit true courtesy abroad, and hence the value of home culture cannot be too highly estimated. The power of example is here shown as nowhere else. Rules and principles may be established for the government of children, but they will be practically inoperative unless exemplified in the lives of the parents. The quaint saying of one of our American humorists, "If you would train up a child in the way he should go, it's a good plan to walk in it yourself," contains the gist of the whole matter of parental discipline, and is worth a volume of dry maxims.

He who excuses himself for rude conduct or a breach of decorum on the plea that only "our folks" are concerned, loses opportunities for self-culture that will be felt in after years. This is especially true of children, and cannot be too strongly impressed upon the minds of all. Many a young gentleman or lady, whose privileges have been limited to the home circle, has gone thence into cultured society, moving with ease and self-possession, because of the refining influences which prevailed at their own firesides.

The cultivation of courtesy between children, of respect to parents, and politeness to all members of the family, will lay the foundation for true gentility and courtesy everywhere.

Railroad Travel.

When a thoroughly selfish individual travels, his innate propensities exhibit themselves as perhaps under no other circumstances. People who behave with decorum at the house of a friend, or in society, often lay off restraint when "in transit," and the worst qualities of character appear to observation, in a strong light. The true lady or gentleman is such everywhere, but the "mask of politeness" will sometimes slip off, and it would seem that all the strings that secure it become loosed in traveling.

The conveniences of modern travel make a journey by rail almost a luxury, and the parlor, dining, and sleeping cars, so liberally provided, make the observance of home and society rules of etiquette a necessity. The hasty lunch at a wayside

restaurant, where the violation of table manners becomes a necessity, gives place to the elegant repast of the dining car, served with fine table appointments, and partaken of deliberately. The "nap in the cars" in a cramped posture, is superseded by the luxury of a Pullman or Wagner berth, and the elegancies of the drawing-room coach give that comfort and ease which, all combined, ought to enable any tourist to preserve true gentility; but unfortunately these are not always sufficient, and travelers are often annoyed by its lack in those whose dress and general bearing would indicate them as members of good society.

Encroaching upon the rights of others seems to be a prevailing fault. One ticket entitles a passenger to one seat. If room is plenty, of course a passenger is justified in taking plenty, but to occupy two entire seats with self and baggage when other passengers are obliged to stand, is not only in the highest degree selfish, but a very apparent breach of etiquette.

The raising of a window may be pleasant to yourself, but a serious inconvenience to those in another seat, not only from a difference in taste and feeling, but in position, the draft of air often striking most severely upon the other person. Always be sure that no one is annoyed by what is done for your own pleasure.

Formality in traveling is not required to the same degree as elsewhere. Fellow-passengers may speak to one another without an introduction, and a lady may accept little attentions from a gentleman without fear of compromising herself. Indeed,

a true gentleman will seek to make himself useful to his fellow-passengers, in a manner not too marked or ostentatious. Inexperienced travelers should beware of confiding in strangers, but should be equally careful not to rudely repel an offered kindness from a fellow-traveler.

Acquaintances begun in traveling are often perpetuated, but none should presume upon the fact of having met another in a car to seek to continue an acquaintance unless it is mutually agreeable.

A passenger temporarily vacating a seat may leave in it an over-garment or a piece of baggage, and thus retain a right to it on returning. This is a recognized rule of the road, and passengers on entering a car should always respect it. A passenger may retain a seat for a fellow-traveler by informing others that the seat is engaged, but if another seat is taken by the person for whom it is held, either in the same or another car, the seat becomes forfeited.

Ladies traveling alone violate no rule of decorum by so doing, as by the American system of railway travel a lady is as fully protected from insult in the cars or on a steamboat as she would be in the streets of her own town or city, and even more so. Should she be placed in the charge of a gentleman friend, as often happens at the last moment in starting, scrupulous care should be taken to adjust the matter of her traveling expenses, either by placing in his hands a sum of money on setting out, or meeting the expenses as they occur. Meals taken *en route* by a lady should be paid for by herself, although the gentle-

man may offer refreshments at his own expense if he chooses to do so.

Ladies should avoid encumbering themselves with many parcels, and those who are accustomed to travel readily learn to do so; but should it happen to be otherwise, it is in good taste for a gentleman fellow-passenger, though an entire stranger, to offer her assistance in leaving the car, by carrying her hand baggage, etc.

The etiquette of steamboat travel is essentially the same as that of the railroad, excepting in the fact that the saloons and cabins afford opportunities for the exercise of such courtesies as are exchanged in public resorts, like halls and other places of entertainment.

The state-room of a lady is as sacred as her sleeping apartment at home, and she should not there receive a visit from a gentleman not her husband or her brother, except in case of illness, when her escort may tender her a courtesy through the offices of a lady passenger or the stewardess of the boat.

The street car, ominibus, or other similar public conveyance, is a place which often affords an opportunity for the display of petty traits of character, or their reverse, thus marking the distinction between the cultivated gentleman or lady and those who are lacking in these respects. Notwithstanding the fact that it may often be ungraciously accepted, the gentleman should always give up his seat to a lady, if room cannot otherwise be made for her. The lady should accept it with a polite smile and a "thank you," which will always

make it a pleasure for a gentleman to resign his seat.

Ladies, on the other hand, should avoid taking unnecessary room to the deprivation of others of their rights.

Special regard should be paid to the treatment of elderly persons in public conveyances, and the young of either sex should take delight in giving way to them and exhibiting a thoughtfulness for their comfort.

STREET ETIQUETTE.

The behaviour of people upon the street, more especially that of ladies, is often a true index of character. Either from ignorance or carelessness, many are guilty of gross improprieties on the public thoroughfares, who deem themselves ladies and gentlemen in society. Indeed, there seems to be a growing tendency, especially on the part of the young, to disregard the restrictions which good breeding has placed upon the conduct of people in the streets, and they are often made the place for gossiping, for forming acquaintances, and even for flirtations.

The public highway is the privileged resort of all classes, and hence the restrictions of good behaviour on the part of individuals must be self-

imposed, and personally exercised. While the freedom of the streets makes it possible for offenses to propriety to be offered, it does not necessitate their being received. The true gentleman or lady, when in the street, is oblivious to all that is undesirable to see or hear, and is, therefore, seldom the recipient of an insult. This reserve should not, however, be carried to such an extent as to lead to a disregard of what is due to other ladies and gentlemen, or a failure to recognize them under all proper circumstances. And this leads to the subject of the

Recognition of Friends in the Street.

As above intimated, there can be little or no excuse for a failure to acknowledge an existing acquaintanceship on meeting or passing a friend in the street. A bow or nod of recogition, at least, is demanded, and as it causes no delay, no plea of "want of time" can be urged as an excuse for non-compliance with this requirement.

The English rule that a lady must bow first, is not strictly observed in this country. Where there is no question as to the standing or acquaintanceship of the parties, their recognition should be mutual. The gentleman should bow, and raise his hat, or at least touch the brim, and the lady will bow in return. Should the lady be veiled, she may more readily recognize than be recognized, and the gentleman should respond to her salutation, even though uncertain of the identity.

Introduction on the Street.

As a rule, the forming of street acquaintances is to be avoided, but courtesy sometimes demands an introduction, even in the street. When two acquaintances meet, in the company of one of whom there is one who is a stranger to the other, if they stop to converse, an introduction is in order. If they pass with only a bow, none is needed, but all the parties should bow, the stranger thus being recognized as a matter of common courtesy.

Acquaintances may, or may not, shake hands in meeting, according to circumstances, but it is not demanded. The same applies to introductions in the street, but a gentleman should always touch his hat, or lift it to a lady.

A gentleman meeting a lady and wishing to speak to her, should not detain her, but may turn around and walk in the direction she is going, until the conversation is finished, when he may part from her company with the usual salutation.

Walking in Company.

A gentleman walking with a lady is her protector, and should see that she is shielded from insult and annoyance, but should not too readily "take up" a fancied injury, nor recognize an insult when its intent is not palpably apparent. In the evening he should offer her his arm, and at other times when such a support and protection seem demanded.

Both should keep step if possible. The gentleman should moderate his stride to that of the

lady, and the latter should endeavor to adapt her pace to his, to some extent. In passing through a crowd, the gentleman should precede the lady, and thus make way for her safe progress. The same rule applies in going up stairs, but is reversed in going down, except in a crowd. On a broad stairway, she may keep her hold upon his arm. In entering a door-way, the gentleman should open the door, and hold it open for the lady to pass.

In crossing the street, if the crossing be narrow, the gentleman should precede; if it be wide, they may cross side by side. If two gentlemen are walking with one lady, she should walk between them.

A gentleman should carry parcels for the lady, never allowing her to be burdened by anything of the kind. In case of rain he should carry the umbrella, and in such a way that she receives its full protection, even though he exposes himself.

In passing others, the rule of the road, "keep to the right," should generally be observed, although it may be broken to secure to the lady the least annoyance.

It is a flagrant breach of etiquette for a gentleman to smoke in the company of a lady, on the street. Notwithstanding she may consent, it places her in a questionable light before others. In England, the well-bred gentleman never smokes on the streets at all; and although the rule does not prevail in this country, its observance, so far as it relates to the company of ladies, is imperatively demanded.

Courtesy to the Aged.

People who are advanced in years, or are infirm through sickness or other causes, have special claims on the courtesy and forbearance of others. In this age of steam and electricity, the "Young America" element of society is too apt to regard as "old fogy" everything that fails to keep pace with its rapid march, both figuratively and literally, and as a consequence to disregard the feelings of those whose years or state of health entitle them to special consideration. This tendency, although so common, is nevertheless a breach of decorum, and should be frowned upon in all good society.

The true lady or gentleman will always take especial pains to show courtesy to those of advanced years, even though they may be exacting and querulous. They are entitled to the best portion of the walk or road when abroad, to especial favors at public places, and everywhere to such marks of consideration and thoughtfulness as those who are strong and manly will always delight to bestow upon those who especially need them. In fact, one of the great needs of modern society is a more general recognition of the claims of its elderly portion upon the respect and esteem of "Young America."

Indeed, the spirit of independence and "don't care," manifested by the "coming generation," should awaken the deepest solicitude on the part of parents and guardians. Where deep respect was once manifested to the aged, the opposite now seems to be the rule.

ETIQUETTE OF PUBLIC PLACES.

The conduct of people in places of public resort should be regulated by such rules as will insure the protection of all, and the recognition of equal rights, which must be conceded as belonging to all who are allowed the privileges of such resorts.

In our free republic, he who pays for his ticket of admission to a place of entertainment, or attends a place of free admission, has all the rights, and is entitled to all the courtesies, which belong to any one else in attendance, and is in duty bound to render the same to others. Even personal preferences, such as may sometimes be freely exercised, must often be waived in public places, and the exhibition of oddities or angularities of character be studiously avoided.

Attending Church.

Of all public places, the house of God is paramount in its demands on the respect of those in attendance. Those who enter a church, either as visitors or worshipers, whether from curiosity or feelings of devotion, are in duty bound to observe its ruling customs, so far as they can in conscience do so, and to exercise especial care that their presence is no offense to any. If the form of worship is novel, or one to which they are unaccustomed, it should excite no levity of conduct, or even manifestations of surprise, by look or act, as such a course would mar the enjoyment of others.

Strangers visiting a church expect to be shown to a seat by an usher. If the seats are open to the choice of all, notices are usually posted to that effect. A gentleman may precede a lady in walking up the aisle, or walk by her side if the aisle be broad, and should allow her to enter the pew first. In some churches the custom still prevails of the sexes occupying separate sides of the house, but as a general rule, the gentleman should sit by the lady's side, moving in to make room for others to enter, if gentlemen be of the party, that he may be able to render the needed attention to the lady who has accompanied him. He should find the place in the hymn book, prayer book, or other service, and offer the same to the lady, or share its use with her. He may also render the same assistance to others in the pew.

A visitor should observe the customs of the church with reference to standing, sitting, or kneeling, during service. If he be a Protestant in a Catholic church, he may not be expected to observe all the forms of a devout worshiper, but his general conduct should be such as not to render his presence obnoxious to others. If his lady companion be a Catholic, it is an act of courtesy for him to offer her the holy water, doing so with the ungloved right hand.

In leaving the church, which should not be done until the close of the service, except in case of emergency, the utmost decorum should be observed. In meeting friends or acquaintances in the aisles or vestibule, they may be recognized by a quiet exchange of greeting, but loud conversation,

or a spirit of lightness or gossip, is in exceedingly bad taste, and should not be indulged in.

Gentlemen unaccompanied by ladies should refrain from gathering at church doors to gaze at those who are making their exit; indeed we may add that *Gentlemen* will *not* do this, as it is beneath the dignity of true gentility.

Public Entertainments.

An invitation to a concert, opera, or other public entertainment, may be verbal or written, but should always be timely, at least twenty-four hours before the time of attendance, that the lady may have time to accept or decline, which she should immediately do, and give opportunity to make arrangements accordingly. If seats may be secured in advance, it should be done, as the gentleman is in duty bound to provide every facility for the enjoyment of the lady whom he has invited.

On entering the hall, the same general rules should be observed as at church. The usher is expected to show the party to the seats called for by their tickets, and the gentleman precedes the lady or walks by her side, as the width of the aisle may permit. The lady takes the inner seat, the gentleman sitting by her side, and remaining till the close of the entertainment. He may relinquish his seat to a lady who is a mutual friend, when he is perfectly sure that such a proceeding will be mutually agreeable, but not otherwise. This should be the exception, and not the rule, as his first duty is to the lady whom he accompanies; to remain by her side during the enter-

tainment, to see that she is provided with program, libretto, etc., and to converse with her between the acts, or at such times as conversation is allowable.

In taking a seat assigned by a ticket, it is sometimes necessary to pass by others already seated, which should be done with the face and not the back to them, and with an apology for the necessity of disturbing them.

While, as before mentioned, the rights of all are equal at public places, the deportment should be regulated by that regard for the rights of others, which will preclude all boisterous conduct, loud conversation, or any conversation, by whispering or otherwise, when the entertainment is in progress.

Coming late to an entertainment, or going out before its close, is a practice to be exceedingly deprecated, as a source of disturbance to others. This is especially true of the too prevalent custom of leaving an entertainment during the closing portion of the program, to the annoyance of those who wish to enjoy the whole of it, and as a special act of discourtesy to the performers on the stage.

This censure applies equally to those who at church occupy the brief moments of the last hymn or the benediction in a scramble for hat or cane, as if to be sure of getting out without the possible loss of a moment's time. Many are guilty of this who, on a very little reflection, will see its impropriety, not only as wanting in decorum, but in reverence for the place and the occasion.

In leaving a hall or opera house at the close of an entertainment, the gentleman should precede the lady, and conduct her to a carriage, if the parties choose to ride, and the gentleman's means will warrant the expense.

The acceptance of an invitation to an evening's entertainment entitles the gentleman to the privilege of calling on the lady the next day, and should he do so, the lady may make his visit pleasant by expressing the pleasure the entertainment afforded her. If inclined to criticize, she should let the praise predominate, that he may not be made uncomfortable with the thought that he has not conferred a favor upon her by inviting her to an entertainment which has proved a disappointment.

Should either party choose not to continue an acquaintance thus begun, it may end with the first call.

Church Sociables and Fairs.

Entertainments where more or less promenading is indulged in, are often made the occasion for the display of personal peculiarities, sometimes of an unpleasant character. The end and aim of the managers is always to make such affairs productive of the greatest possible income, and they are not always over-scrupulous as to the means employed to compass the result. Tables are given in charge of ladies whose chief recommendation is their ability to extort money from the patrons, and who have no scruples in retaining change or otherwise annoying purchasers. A lady who can pleasantly sell an article of small value at a good

price, and make her customer satisfied with the transaction, is a valuable assistant, but she who resorts to tricks or effrontery to accomplish the end is so much less the lady.

On the other hand, the purchaser should not seek to display undue sharpness, or make disparaging remarks to the attendants. If the prices or quality of goods displayed are unsatisfactory, they can easily be passed in silence.

In such places, it is customary to provide a place for the disposal of outer garments, but if otherwise, the gentleman may promenade with a lady with his hat in his hand but *not* on his head. In out-of-door entertainments, such as lawn parties, etc., the gentleman may wear his hat, or if exposed to a draught where its protection is necessary, but in the latter case he should apologize to the lady or ladies in whose company he may be.

Small children are often allowed liberties which make their presence on such occasions an offense to their elders, and of little credit to their parents.

Croquet Parties.

"Croquet parties are very fashionable, and are a healthful, pleasant means of diversion. The essentials necessary to make the game pleasant are good grounds that can be shaded, and clean, comfortable, cool seats. A table may be set in the shade, and refreshments served thereon; or they may be passed to the guests as they sit in their seats."

Guests should do all in their power to make any entertainment pass pleasantly. Self should be forgotten.

Under the head of receptions, we include all occasions of a social character, to which the guests are invited as participants, and of which they make a component part. Good behaviour at such places is important, inasmuch as the success of occasions of this character depends largely on the guests, the arrangement of the host or hostess being carried out by them, and depending, in a greater or less degree, upon their presence.

Morning Receptions.

This term is applied to gatherings and parties held during the day time, in contradistinction from evening parties. They are usually less formal than the latter, being more social in their character, and are seldom what is known as a "full dress" occasion.

In the country, morning receptions are even less formal than in the city, and are also much more frequent, as in keeping with the hours usually observed by the residents of such districts, which, we must all admit, are much more sensible and in accordance with nature than the customs that govern city society.

The invitations to such gatherings are also usually informal, sometimes a mere verbal notice and request being all that is expected. The card of

the hostess is sometimes sent, with "At Home," with date and hours inscribed on it.

Refreshments at morning receptions are usually light and simple, and are served at a lunch table or on plates to the guests while sitting. An early tea is sometimes served, in which case the occasion partakes more of the character of a dinner party, especially in the country or village.

The "kettle-drum," of comparatively recent introduction in this country, is becoming popular as among the least formal of gatherings, and as affording opportunity for the entertainment of a large number of guests when a crowd seems desirable. The refreshments are simple, consisting merely of a lunch, spread in the dining room, to which the guests are invited without formality. The dress is a matter of small consequence, the gentlemen sometimes dropping in at close of business in a business suit, spending a few moments in social converse, and departing quietly for an evening elsewhere.

Musical Receptions.

The cultivation of the art of music, both vocal and instrumental, now so general and wide spread, makes the *Soiree Musicale* a possible success in nearly every community. When held in the day time or early evening, it is called a *matinee*, and the term *soiree* is applied to a strictly evening gathering, as the word would indicate. It is an occasion requiring great tact in its management, and may be made a source of much enjoyment to the guests. Care should be taken to invite only

congenial spirits, and to avoid jealousy, which so often prevails among musical people.

Conversation, while an essential part of the entertainment, should be entirely suppressed during the musical performances, as nothing is more annoying to the players or singers than the want of attention to their efforts.

The program should be arranged in advance of the occasion, if possible, as a judicious selection with regard to variety is an essential to success. It may be opened with an instrumental selection, followed by a tasteful "sandwiching" of vocal and instrumental pieces. It is well at some stage to introduce a familiar selection, inviting the company to join.

Refreshments are sometimes served at a *musicale* to the entire party, and sometimes only to the singers and players, who are invited to remain after the entertainment.

Evening Parties.

The exact distinction between a *matinee* and a *soiree* is sometimes difficult to maintain. In some localities, *evening* begins at a later hour than in others, and while city people are just commencing social festivities, their cousins in the country are closing them, and getting ready to retire. The degree of formality of an evening reception must therefore be determined by other causes than the exact hour at which it is held. This is frequently done by the tone of the invitation. The lady's card, with "at home," or "kettle-drum," or "early tea," written upon it, or even a printed invitation

so worded as to express informality, all indicate a "morning dress" affair. A formal invitation, somewhat precisely expressed, with the hour later than seven or eight, indicates a dress party, and the invited guests govern themselves accordingly. Invitations are usually sent from one to three weeks in advance of the designated time, and should be immediately acknowledged on their receipt.

Full evening dress for a lady is controlled to some extent by the caprices of fashion, and, we may add, by the good sense of the wearer. The toilet receives careful attention, and opportunity is afforded for the exhibition of good taste and judgmen

The conventional evening dress for the gentleman consists of a black dress suit, with low-cut vest, white necktie, and light gloves. The "swallow-tail" or "claw-hammer" coat is still regarded as "court-dress," but many gentlemen refuse to wear it, and it has largely given place to the long, double-breasted frock coat, so becoming to all.

Duties of Host and Hostess.

It was formerly the custom for the host and hostess to receive together, and the "old families" still adhere to it, but the practice is not generally in vogue, the duty now devolving upon the lady of the house. The host, however, remains within call, as do also the sons and daughters, to render such assistance as may be demanded of them. The hostess should see that her guests are mutually acquainted, introducing such as are not. She

may devolve this duty upon another if she chooses so to do. A gentleman or lady with a wide circle of acquaintances may be chosen as her assistant in the task, and the position is regarded as a post of honor.

Should the party be one given in honor of some particular guest, the first duty is to introduce the others to the honored one, and thus place all at ease. In case of an oversight in the matter of introductions, if at a private house, guests thrown into each other's company under circumstances where silence would be embarrassing, are at liberty to converse without an introduction, as it is taken for granted that all are on the same social footing, and no one would be compromised in the matter.

Duties of Guests.

People who are invited to parties are under certain obligations, as well as the host and hostess. The first duty, on receipt of an invitation, is to acknowledge it, and accept or decline at once. Forms for these proceedings will be found elsewhere in this work. If at a later hour it is found impossible to attend, regrets should be sent, even at the last moment. This is imperative, and must on no account be overlooked.

Those who do attend should consider themselves under obligation to contribute, as far as lies in their power, to the success of the entertainment. Dull and stupid guests make a dull and stupid party even though the host and hostess may do all in their power to make it a success. All who attend should be well dressed, but should study the pre-

vailing customs of society, and anticipate the probable dressiness of the company, to avoid "overdoing" their own toilet. While certain rules are supposed to govern all such affairs in good society, there may be, among well meaning people, a failure to comply with all these rules, and the guest should conform to the prevailing custom, rather than be singular.

It is related of the British Minister at Washington that, on the occasion of a reception at the White House, he entered the room and observed that Mr. Lincoln, who was singularly forgetful of the less important forms, was without gloves. The English gentleman, on the other hand, was punctiliously observant of the details of etiquette, but seeing the situation, quietly removed his gloves and slipped them into his pocket, in which example he was instantly followed by the other gentlemen, thus relieving the good President of the embarrassment of being the only ungloved gentleman in the company, and at the same time giving an exhibition of true gentility of character, which was above all forms and rules.

Slovenliness in dress should be guarded against, as offensive to propriety and a dishonor to the host and hostess. This is especially true of the lady, whose toilet should be fresh and clean, even though inexpensive. A simple muslin, unadorned, but tidy and fresh, is preferable to an expensive toilet, soiled and tumbled.

All should remember that they are invited because of their supposed capacity to contribute, in some way, to the enjoyment of others, and should

endeavor to carry out the purpose of the invitation in this respect.

Promptness in arrival at the place, at or near the designated hour, is an important consideration, and it often happens that the enjoyment of the party is marred by a failure in this regard.

After being received by the hostess, the first duty of the guest is to greet all the other members of the family. If unacquainted with any or all of them, an introduction should at once be sought. This may be done by some mutual friend without asking the hostess, if she should be otherwise occupied.

None should decline to be introduced to any or all the guests present. An introduction does not necessitate a lengthy conversation; the mere exchange of civilities is all that is required. The guests should keep moving, and thus enliven the occasion, and prevent the company of any from being monopolized. All should be especially careful not to engross the attention of the hostess, particularly while she is receiving, as thereby she is unable to do justice to her duties, and others may be deprived of their rights, which is always a violation of decorum, however effected.

A gentleman who escorts a lady to a party, or who has a lady placed in his especial care by the hostess, is under particular obligation to attend to her wants, and to see that she has the attention to which she is entitled. He should introduce her to others of the company, see that she is agreeably entertained if he chance to be called from her side, and should escort her to the supper room

and take pains to provide for her wants at the table.

The Conversation,

At a reception or party, should be of a general nature, to the exclusion of personalities, politics, or controverted points of doctrine. If the company be small, and well acquainted, such topics may be alluded to, but care should be taken that warmth of feeling does not lead to acrimony of speech. The topics of the day, if of general interest, may be taken up, but unpleasant particulars should be omitted.

If dancing is a part of the program, it is to be presumed that all will participate, as it is not in good form to invite to a dancing party those who are known to have conscientious scruples in regard to dancing, nor should such persons accept when invited, as they thus do violence to their convictions, and nullify the effect of their profession upon others. If a clergyman believes in dancing, let him go and dance if he chooses, but if he condemns dancing in his pulpit, let him be consistent by refusing to be a looker-on.

Calls after an Entertainment.

A call is due the hostess after the giving of a formal entertainment. If it is impossible to call in person, send your card or leave it at the door. These calls should all be made within two weeks from the evening of the entertainment. Ladies who have no weekly reception day, when sending out invitations, may enclose her card for one or more receptions, that the after calls due her may be made on those days.

"Marriage is honorable in all," is a scriptural proposition, which recognizes the dignity and importance of the marital relation, and justifies the ceremonials which are devised to signalize so important an event as the formation of a life partnership. The estate of matrimony, being designed by the Creator as a blessing to the race, and the greatest temporal boon to mankind, it is but natural that society should attach to its consummation that significance which renders its ceremonies, and all the circumstances connected with it of the highest importance in social life.

In some countries, marriage is regarded as a sacrament of the church, while in others it is simply a civil contract, entered into between the parties, but of binding force for life. The latter is true of our own country, but religious and church influences so far affect its ceremonies as in a large majority of instances to make it essentially a religious rite.

It may be solemnized, in the different States, by certain civil officers, or by the clergymen of the various religious denominations, according to their own usages. The legality of a marriage is not af-

fected by any incompetency on the part of the persons officiating, if the contracting parties are really intending marriage, and honestly covenant in the presence of witnesses, to enter that estate. Any irregularity in regard to the competency of the one who assumes to perform the ceremony, is visited upon him by the law, and not upon the parties themselves.

The attitude of persons engaged, to society and to each other, is regulated by certain conventionalities that people of good taste take pains to observe. After the acceptance of the engagement ring, the conduct of the lady becomes especially decorous toward other gentlemen. Not that she is to be cut off from society, as she may still receive visits and calls from old friends, but her position as an engaged woman makes it improper for her to receive attentions from others than her affianced, which previously would have been right and proper.

On the other hand, the gentleman is in duty bound to regulate his conduct with regard to the fact of his engagement. While he is not to deprive himself of the society of his friends, his attitude toward other ladies becomes changed by his engagement, and they have no right to expect from him attentions other than such as common courtesy demands.

When the day is fixed, and especially after the invitations are issued, the bride elect becomes more exclusive in regard to the reception of callers, and appearing in public, strict society rules require her absolute seclusion. But this matter

may be regulated somewhat by circumstances. Forms of invitations, cards, etc., will be found elsewhere, under their appropriate heads, and need not, therefore, be repeated here. Invitations may be issued from two weeks to two months previous to the date assigned, and their reception should always be acknowledged, and congratulations extended.

The selection of bridesmaids and groomsmen is made with strict reference to social standing, and the intimacy of the parties. The bridesmaids are, preferably, the sisters of the bride or groom, or very dear friends of the former, while the groomsmen may be friends of either or both parties, and all should approximate in age to that of the bride and groom.

The costume of the bride is latterly less restricted than in former years, although white silk for the dress, and the long tulle veil are the rule. Delicate shades are considered proper, and floral adornments, of a simple nature and tasty arrangement, are in style. The whole matter of dress, however, should be regulated with reference to the complexion, etc., and should be becoming, as the first essential requisite of good taste and propriety.

The costume of the bridesmaids should be in keeping with that of the bride. If they are young and pretty, simple white muslins are often employed.

The dress of the masculine portion of the party depends upon the hour. If a morning wedding, full morning costume is required, the coat being a frock or cut-away, of a dark color, with light

trousers, necktie, and gloves. If an evening event, the full evening dress is demanded. It may, however, be added, that in many circles, the "swallow-tail" coat of the gentleman often gives way to the "Prince Albert" or long-skirted, double-breasted frock, which is vastly more becoming to the average man.

Church Ceremonials.

When the wedding occurs in church, the ceremonies incident may be more or less elaborate, according to the taste or means of the parties. The floral decorations of the edifice are often very fine, the aisles being overhung with arches, and the altar resplendent with flower stands, blossoming plants, etc. Carpeting or canvass is usually spread from the church door to the carriage landing or edge of the sidewalk, with an awning or canopy in case of unfavorable weather.

The arrival of the party at church is usually signalized by the wedding march performed upon the organ, and continued during their entrance and arrangement for the ceremony. The order of proceeding on entering the church, which has prevailed for years, and still finds great favor, is as follows:—

The groomsmen, with the bridesmaids on their arms, precede the party, slowly marching up the aisle, and separating at the altar, the gentlemen going to their right and the ladies to their left.

The groom follows, having upon his arm the mother of the bride, or some one to represent her, whom he seats in a front pew, at the left, and proceeds to the altar. Immediately following comes

the bride, upon the arm of her father, or an elder brother, near friend, or guardian, who leads her to the groom, and takes his station at her left and slightly back of her, where he remains until that part of the ceremony in which he is asked to give her away, which he does by placing her right hand in that of the clergyman, when he returns to the pew in which the mother is seated, becoming her escort in passing out of the church. Where there are no bridesmaids, the ushers precede the party in the same manner as above indicated for the groomsmen and bridesmaids, and separate at the altar to the right and left.

In passing out of church at the conclusion of the ceremony, it is not regarded as in good taste for any of the party to meet the glances of spectators, or to recognize friends or acquaintances by nods or smiles, but to proceed immediately to the carriages, and at the proper time to receive the congratulations of friends, the clergyman only being expected to congratulate the bride at the altar.

In what is known as a "quiet family wedding," where there are neither bridesmaids nor ushers, the ceremonials differ from the foregoing, as follows: The near relatives of the bride, or members of the family, precede the bride, who follows with her mother or nearest female relative. They are met at the church by the groom and the bride's father, who are in waiting for them, and the groom gives his arm to the bride's mother, conducting her up the aisle and separating at the altar, she falling back to her position at the left, and he awaiting the arrival of the bride, who fol-

lows on the arm of her father, who conducts her to the bridegroom, and takes his position by the mother, at the left. The other relatives of the bride follow, and take their positions also at the left, while those of the groom take theirs at the right. The bride and groom then silently kneel at the altar for a moment, when they rise, and the former ungloves her left hand, while the groom ungloves his right. A custom, much in vogue of late, allows the bride, instead of removing the glove, which may be an awkward task, to uncover the ring finger by slipping that portion of the glove back, a slight incision having been previously made in the glove, at the ball of the finger. This office may be performed by a bridesmaid, at the proper moment. The father may give away the bride by a bow of the head, or by responding "I do" to the question of the clergyman, instead of coming forward and placing her hand in his, as before described. At the conclusion of the service, the bride takes the right arm of the groom, and turning from the altar, they pass down the aisle, followed by the remainder of the company, to their carriages.

Great care is required in arranging for the ceremonials as above, that the arrivals at church be so timed as to allow of no awkward or embarrassing waiting, as would inevitably be the case unless the coachmen were properly instructed.

The latest form of church ceremonials, and one considerably in favor in very fashionable circles, is conducted in the following manner:—

On arrival at the church, the bridal party as-

sembles in the vestibule, and arranges for entrance. The ushers, in pairs, slowly march up the aisle to the altar and turn to the right, the groom following, a few steps in the rear, and entirely alone. At the altar, he turns and faces the aisle, looking steadfastly and expectantly toward the entrance, whereupon the bridesmaids enter, marching up the aisle in pairs, and turning to the left on reaching the altar. The bride then follows, entirely unattended, veiled, and with downcast eyes. The groom advances a few steps to meet her, and taking her hand, conducts her to the altar, where both kneel a few moments in silent devotion. The parents of the bride are last to enter, and take their position at the left and slightly in the rear of the bride and groom. The services then proceed as usual. At the conclusion of the ceremony, the wedded pair pass slowly back to the door, followed by the groomsman and first bridesmaid, and the remainder of the party in order of precedence, each bridesmaid taking the arm of an usher. The carriages containing the latter are hastened homeward, to give their occupants time to arrive in advance, and receive the bride and groom.

At the reception, the bridesmaids take their positions on either side of the bridal party, while the ushers receive the guests at the door of the reception room, on their arrival from the church, and escort them to the wedded pair, presenting them by name. They also render special attention to ladies who may chance to be present without gentlemen, either providing them with escorts

or themselves attending them to the reception and refreshment rooms.

At the church, whatever ceremonials may be employed, the ushers are the first to arrive, and attend to the assignment of seats to the guests. A lady unattended is escorted to her seat on the arm of the usher; if attended by a gentleman, the usher precedes them.

Weddings at Home.

The ceremonies connected with a home wedding do not materially differ from those at church. The floral decorations may be regulated according to the taste and means of the parties, and the provision of music and other accessories, including an extemporized altar, may be governed by circumstances,

It is of late considered admissible to change the relative positions of the parties by allowing the bridal pair to face the guests, while the clergyman stands with his back to the audience. This is especially allowable where the room is limited, and no altar is provided, and permits the pair to retain their position to receive congratulations, the clergyman simply retiring from his position at the conclusion of the ceremony.

The congratulations of friends follow in the order of their kinship or intimacy, and are addressed first to the bride, then to the groom, then to the bridesmaids and the families of the contracting parties. If personally unacquainted with either or both, they are introduced by an usher. If ac-

quainted with the groom and not with the bride, they first address him, and he introduces to the bride.

Calls.

Only those who receive an invitation to the ceremony or reception are expected to call on the wedded pair, unless the wedding has been a private one, in which case they are to expect a reception or "at home" invitation before calling. This rule is regarded as imperative, as it allows the pair an opportunity to re-arrange their social list on entering new relations, and should give no offense even to family friends, many of whom will afterward meet them and renew acquaintance on the new basis. All who have received invitations to the wedding, or to the "at home" reception, are expected to call at the home of the bride, or leave cards, within two weeks of the event.

The publication of the wedding notice in the newspapers with "no cards" appended, is a notification to old friends that they are not slighted, and remain in the list of friends without being cut off by the failure to receive cards. Such a notice is regarded by some as in questionable taste, but may be considered as saying that the friends of each other are the friends of both, and as such are welcome to keep up the acquaintance.

If a day is fixed for the wedding reception, or a certain number of definite days are appointed in which to receive, the bride should be assisted by her mother, sister, or some intimate lady friend, in the reception of her guests. If the announce-

ment is indefinite, or merely "at home" after a certain date, this assistance is not so necessary, but will always prove acceptable.

The ceremonials at the marriage of a widow do not admit the use of the veil. In other respects, she has the same liberty as a maiden. If she has daughters by the former husband they may unite with her in receiving.

Et Cetera.

Presents may or may not be given, at the option of the guests. The custom of making costly presents is not obligatory, as formerly, and is therefore more spontaneous. They are sent to the bride the day before the ceremony, and their exhibition on the occasion is falling somewhat into disuse, as is also the publication of a list of the donors, instead of which they are acknowledged in a private note.

The exchange of presents between the bridal party and the groomsman, bridesmaids, and principal ushers, is a pleasant feature of a wedding, and the gifts need not be costly, being designed simply as *souvenirs*.

The amount of the wedding fee will depend upon the ability and generosity of the groom. The smallest sum allowable by the law is usually fixed at two dollars, but no less than five should be given unless pecuniary inability is a reasonable excuse.

The ring is employed in the ceremony of many of the prescribed church services, although some

clergymen make no use of it either in church or at the home wedding.

The wedding tour is no longer regarded as an essential feature of a marriage, although by no means fallen into disuse. In its stead, the honey-moon of exemption from the claims of society and of comparative seclusion may be enjoyed with freedom and propriety.

Wedding Anniversaries.

The custom of observing the recurring anniversaries of the wedding day seems to be obtaining increased favor, and is becoming very general. As a means of reviving pleasant memories, and of affording an opportunity of re-uniting old-time friends, the practice has much in its favor; and as the years roll on, each recurring anniversary becomes of still greater interest, as bringing more forcibly to view the mercies and blessings of the past. Such occasions are well calculated to impress the rising generation with the importance of the institution of marriage, as worthy of commemoration, it being thus regarded as among the few great epochs of life.

These anniversaries are rendered all the more enjoyable by preserving the list of guests present at the event itself, and securing, as far as possible, their attendance, together with that of the officiating clergyman. The bridal costume is sometimes preserved, and worn unaltered, exhibiting the caprices of fashion with the changing years.

In celebrating these anniversaries, there are certain periods more marked than others, symbolized

by articles or substances of utility which give them their peculiar titles, and of which the presents should be composed. It should be remarked, in this connection, that the acceptance of an invitation does not obligate the giving of presents, this matter being regulated by the same rule that governs gift-making at weddings themselves.

The expiration of the first year of wedded bliss is marked by the COTTON WEDDING. The invitations may be printed on fine bleached muslin, starched and pressed, and the gifts should comprise those manufactured from cotton cloth.

The second anniversary is the PAPER WEDDING. The increasing utility of paper in its various forms renders the selection of presents an easy task.

The third or LEATHER WEDDING requires that the invitations be issued on leather, or some imitation, the most appropriate being the sheepskin or "skiver" used by book-binders, which may be neatly printed on its finished side. The presents should be articles composed wholly or in part of leather. Books in leather binding are among the suitable things to be given.

The fourth year has no distinctive title, but the fifth is called the WOODEN WEDDING, and is more generally observed than those previously mentioned, as it marks the first half decade of married life. The invitations may be upon paper in imitation of wood, or, better still, upon wooden cards, neatly finished and beveled. The gifts present a wide range of utility and value, from a rolling pin to a set of furniture.

The seventh annual celebration is styled the WOOLEN WEDDING. The articles presented should be of woolen, in the multitude of forms into which it may be knit, woven, or otherwise fabricated.

The TIN WEDDING anniversary marks the completion of ten years as husband and wife, and is usually regarded as an important event. The invitation may be upon tin foil mounted on card, or upon paper pasted upon a sheet of tin. The resources of the tinner's art suggest a variety of articles as presents, but it sometimes happens that the importance of the event fails to be met, in the minds of some of the guests, with anything of less value than "tin-ware" with a coating of a more precious metal.

The twelfth anniversary is called the SILK AND FINE LINEN WEDDING, the invitation being printed upon fine silk, and the presents of a character indicated by the name.

The fifteenth anniversary is entitled the CRYSTAL WEDDING, the invitations to which may be upon "crystal" card-board, a modern device of the paper-maker, or upon a gelatine card. The presents are of glass, in its multitude of forms.

The twentieth anniversary brings the CHINA WEDDING. The invitations should be printed on fine china card, or that known as "translucent bristol." Chinaware, vases, toilet sets, and various china ornaments, are appropriate as presents.

A quarter century of matrimonial life brings the SILVER WEDDING, celebrated by many who fail to observe all the others. The invitations are upon

fine note paper, printed in silver bronze, and the gifts embrace the almost endless variety of articles of silver, from a silver thimble to a full set of plate.

The thirtieth and fortieth anniversaries are styled respectively the PEARL and RUBY weddings, but are not of general observance, it being reserved for the completion of a half century to round up the sum of wedded bliss with an important day of celebration.

The GOLDEN WEDDING, or fiftieth anniversary, is a day of comparatively rare occurrence, and is well worthy of an important place in the calendar of a life time. Golden, indeed, is the blended life of a couple who have met the storms and enjoyed the sunshine of this earthly pilgrimage, hand in hand for half a hundred years, the completion of which is so worthily observed. The invitations are upon the finest note paper, printed in gold, with monogram embossed in the same; or they may be printed upon gold paper, in black or blue ink. The gifts may be of the precious metal, and the golden hours of the occasion made memorable by gems of thought and sentiment.

The DIAMOND WEDDING is an occasion of still rarer occurrence, it being the seventy-fifth anniversary, reached by few, and hence so seldom observed as to have established no forms for invitation, a diamond *shaped* card and envelope, or diamond form of printing, being the only suggestive feature as appropriate to the name.

On occasions as remote from the original event as the tenth, and later, it is not an uncommon

practice to have the marriage ceremony repeated or re-affirmed, with such changes of phraseology as the circumstances of the case demand, and if this can be done by the one who first solemnized the contract, it is rendered all the more enjoyable.

The gifts at these anniversary occasions are not of necessity limited to the character indicated by the title, especially if such articles are insufficient to convey the esteem in which the recipient is held by the giver. Nor, as before intimated, need there be any obligation to acknowledge an invitation by any present whatever. The whole matter should be characterized by that spontaniety which, above all else imparts a peculiar value to the giving and receiving of such tokens of regard.

ETIQUETTE OF FUNERALS.

The Scriptural injunction, "Let everything be done decently and in order," applies with especial force to the last sad rites in connection with the decease and burial of friends. While the "fashionable funeral," with its pomp and sometimes heartless display, is one extreme, and indecorous and ill-managed proceedings may be the other, it must be evident that a regard for propriety and a reasonable respect for the feelings of the bereaved,

would indicate the necessity for some well-defined plan in the conduct of such ceremonies, of general application.

On the occurrence of a death, it is customary to immediately notify absent relatives, by telegraph, giving date and hour of funeral. In cities where daily papers abound, the notice of the death and funeral are inserted, to which is appended, "Friends invited without further notice." If, however, it is desirable to invite special friends, a note of invitation is sent, the form for which is given under the head of invitations. Persons thus invited should allow nothing but the most important duty to prevent their attendance.

The necessary arrangements are placed in the charge of some intimate friends, who should act under instructions from the family, restricting the expenses to their means and circumstances. False pride should not allow unnecessary outlay, for the sake of show, and a person of wisdom and discretion should therefore counsel in the matter. The gentleman having the arrangements in charge should have the help of his wife, or some other lady, in making needed purchases, as custom requires seclusion on the part of the female members of the household until after the funeral.

During the time between the death and the funeral, the door handle or bell knob is draped with black crape tied on with a black ribbon, if the person is elderly or married, and with a white ribbon if young or unmarried.

In attending a funeral at the house of the deceased, no greetings should be exchanged with the

mourners, except by intimate friends. Some friend, who acts as usher, assigns the company their seats. Conversation should be avoided, and when necessary, should be in subdued tones.

The pall bearers, if the deceased is an adult, should be nearly of the same age, and if a person of prominence, may be chosen from his business associates. If a child, the bearers may be boys of from twelve to fifteen years of age. Six is the usual number. In accompanying the hearse on foot, they walk in equal numbers on either side of it; if they ride, their carriage precedes it, while that of the clergyman and the master of ceremonies leads the procession. The carriage of the nearest relatives follows the hearse, with others in the order of relationship. If the deceased was a military officer, his riderless horse, fully caparisoned, follows the hearse. In England, and to some extent in this country, the private carriage of the deceased, without occupants, precedes the carriages containing the chief mourners.

Floral decorations at a funeral are usually contributed by friends. Those desiring to send flowers may consult the wishes of the family in the matter, and should notify them of their intentions, that others may not duplicate the offerings.

As the coffin is borne from the house or church, gentlemen whom it passes should remove their hats, and remain uncovered until the cortege has passed. It is with some a religious custom to always uncover in the presence of the dead, even in the street, and we have been touched at seeing a poor day laborer in the highway reverently re-

move his hat and hold it in hand as a funeral procession passed him at his toil.

At the cemetery, the clergyman precedes the coffin, and stands at the head of the grave to perform the final ceremony, all gentlemen about the grave uncovering their heads.

Calls upon the bereaved family are not in order until a week has passed, and two weeks will be more proper, except from intimate friends.

Calling and Visiting.

The customs of good society regulate the matter of calls and visits with a precision that renders it necessary for all who would be in good form to understand the general rules which are of universal acceptance.

Ladies must call on their friends at certain intervals, or they will be suspected of desiring to drop their acquaintance. Such calls are usually made in the day time, and are entitled "morning calls." The hours of calling are regulated by the prevailing custom in regard to the dinner hour. In the cities, where people dine at from four to six o'clock, the calling hours are from eleven to three. In places where the dinner hour is at noon, calls may be made from nine to eleven A. M., or from two to five P. M., preferably the latter.

Where the parties are on quite intimate terms, calls are sometimes made in the evening, when

the time chosen should be such as to avoid the supper hour, and not later than nine o'clock. All such calls should be brief, under ordinary circumstances.

Calling Rules.

In making a formal call, at "calling hours," the lady of the house is supposed to be at the service of her guests, extraordinary circumstances excepted. Should the servant reply "not at home," or "engaged," the caller leaves her card, which is equivalent to a call, and fully answers its requirement.

If the lady of the house is receiving, the caller is ushered to the drawing-room, and pays her respects to the hostess, and then to other guests who may be present. If the latter are also callers, they will soon, but not hastily, take their leave. Callers who enter nearly together, but not in company, may converse without an introduction. In very formal society, the lady does not introduce her callers to one another, if they are residents of the same city, without first knowing that they mutually desire it, and the fact of having met and even conversed in the house of a mutual friend without an introduction, does not remove the necessity for an introduction in the future.

A lady caller does not lay aside her bonnet and shawl, and if accompanied by a gentleman, he retains his hat in his hand unless relieved of it by a servant or his hostess. He must patiently await her movement to go, when he rises to accompany

her. He also rises at the entrance of other ladies, but makes no motion to wait upon them unless requested to do so by the hostess, when he offers them chairs. On their departure he may escort them to their carriages, but should always return to the house, and complete his call, or pay his parting compliments to the hostess.

Callers resident in another town have special privileges in regard to time, and should be received, even at unconventional hours, and the lady should not keep her guests in waiting while she performs an elaborate toilet, as any irregularity in respect to dress, even a work dress, will be excused on account of the circumstances.

Pet animals and ill-behaved children should be left at home when making calls; and it should be remembered that, so far as drawing-room etiquette is concerned, most children belong in that category

It is not customary (except on New Year's) to offer refreshments to callers, unless they have come from a distance. In the country the tender of refreshments is not unusual.

A call should not be prolonged if the lady is found to be preparing to go out. No allusion should be made to the fact, but the caller quietly takes leave in a few moments.

A lady, in calling, may take with her a stranger, but a gentleman may not do the same. Ladies should not call upon gentlemen except professionally or on business, or sometimes in case of sickness.

Persons going abroad for a protracted absence,

call by card; that is, if they have not time to make formal calls, cards are sent, bearing the initials "P. P. C.," standing for *Pour prendre conge*, —to take leave.

An invitation to a dinner party, reception, or similar occasion, should be acknowledged by a call within a week, or ten days at most.

It is not in good taste, when making a call to examine ornaments, etc., without being invited to do so, nor to move articles of furniture, raise or lower the shades or windows, nor to touch the piano, even while waiting for the hostess.

On moving into a neighborhood, the new-come. awaits the calls of the older residents, in no case making the first advance. The latter should call as early as consistent if assured of the social standing of the parties.

Etiquette of Visiting.

To share the hospitalities of a friend by becoming for the time an inmate of the family for a longer or shorter period, is termed a visit. To be enjoyable it should be a mutual pleasure to the visitor and entertainer. The first requisite is an invitation. The visits of those who come uninvited are usually visitations. Visits among relatives are, of course, an exception.

The intended length of a visit should be made known soon after arrival, and if the host or hostess desires it prolonged, that wish can be readily expressed, and all parties can prepare accordingly.

An invitation to make one's self "at home," if given and accepted in its true spirit, is the very

essence of hospitality. It should mean that the visitor enters into the habits and customs of the family so as to make them the least possible inconvenience, and at the same time without becoming offensively familiar with domestic affairs. The usual hours observed by the household should be regarded, especially with reference to meals, and so far as possible with regard to rising and retiring. It is to be presumed, however, that the host will be glad to make variations for the enjoyment of the guest, but it should be his privilege to arrange for it and not the guest's to demand it.

A general invitation to visit should not be accepted without a specific understanding between the parties as to the definite time of its acceptance. The utmost limit of a visit is a week, unless the entertainers insist on its prolongation, and the old adage that "short visits make long friendships," may profitably be borne in mind.

The host and hostess should do all in their power to put their guests at ease, and make their stay pleasant, yet they should never *seem* to be making an effort to do so. Profuse apologies, on either side, are not in good taste, as, coming from the guest, they would indicate his fear that his friends were unequal to the emergency of his entertainment, and from them it would be a virtual acknowledgment of the same.

Guests should avoid contrasting their facilities of entertainment with those of other friends, or of their own homes, especially if those present suffer by the comparison, and should remember that the

graceful acknowledgment of courtesies received is better than lavish praise.

Visitors should enter heartily into the plans made for their enjoyment by their entertainers, and should avoid giving pain by not seeming to appreciate the efforts put forth in their behalf, even though not entirely to their taste.

While enjoying the hospitality of another, a guest should be careful about accepting an invitation from a third party, always consulting the host or hostess with reference to it. Indeed, a third party should not invite another's guest without including the host or hostess, nor the entertainer without including the visitor.

Visitors should be oblivious to all family affairs of an unpleasant nature, and should never be guilty of prying into private matters by the questioning of children or servants. Should they come to their notice by accident, they are not to be communicated to others. Those who would expose the privacy of a household by talking of its affairs to others, are unworthy to receive hospitality, and would do well to remember that such a course will act as a warning to others to avoid extending to them the hospitality they are so ready to abuse.

Annoyances occasioned by children should not be found fault with, and such expressions as, "My little girl never does so," coming from a guest, are in bad taste.

If friends of the family come and go during the visit, the guest should be polite toward them, and make himself agreeable even though he may not

be well impressed by them, and should not speak of them disparagingly to his host or hostess.

A visit should be so enjoyed on both sides, and terminated at such a time, as to make its possible repetition a cause of pleasant anticipation. To make one's host "twice glad" indicates a visit too prolonged or not profitably enjoyed.

The time of departure having been fixed upon, the host and hostess should assist in the preparations for leaving, and join heartily in the plans of the guest, as indicative of a wish to make the departure as pleasant as the arrival.

CARDS AND INVITATIONS.

Hospitality is often rendered all the more enjoyable by the happy expression of hospitable intention, as conveyed in an invitation. The forms of invitation are important, simply from the fact that the customs of good society have formulated their phraseology according to the meaning to be conveyed by them, and, to a certain extent, govern their style. While set phrases or stereotyped expressions are not of necessity to be followed, it is well to adhere closely to the general style, unless you can afford to be original, by reason of position or distinction, to which comparatively few can lay claim.

Invitations to weddings, receptions, dinners, etc.,

may be written or printed, according to circumstances. If written, the penmanship should be superior; if printed or engraved, script letters should be used throughout, as a rule. It has, until recently, been deemed necessary to employ the services of the engraver to secure a nice invitation; but modern typographic artists now produce elegant work in script type.

Invitations should be written or printed upon fine paper (except for special occasions, as hereinafter indicated), enclosed in an envelope of similar quality, and the whole enclosed in an outside envelope suitable for mailing. Where convenient they should be delivered by special messenger, but it is not uncommon to employ the mails, especially for large parties.

Invitations should be acknowledged on their reception, and accepted or declined, except in cases where it is evident that the number of guests will make no difference in the plans of the host or hostess. For instance, if the invitation is to a place or occasion where refreshments are to be provided, the number of expected guests should be definite, to enable the necessary preparations to be made. If only a reception is to be held, at which the guests make simply a formal call, acceptance in person at the time specified is sufficient.

Wedding Invitations.

These are usually issued in the name of the bride's parents or guardians, and may invite to the ceremony only, or to the ceremony and the reception following. If the ceremony be performed

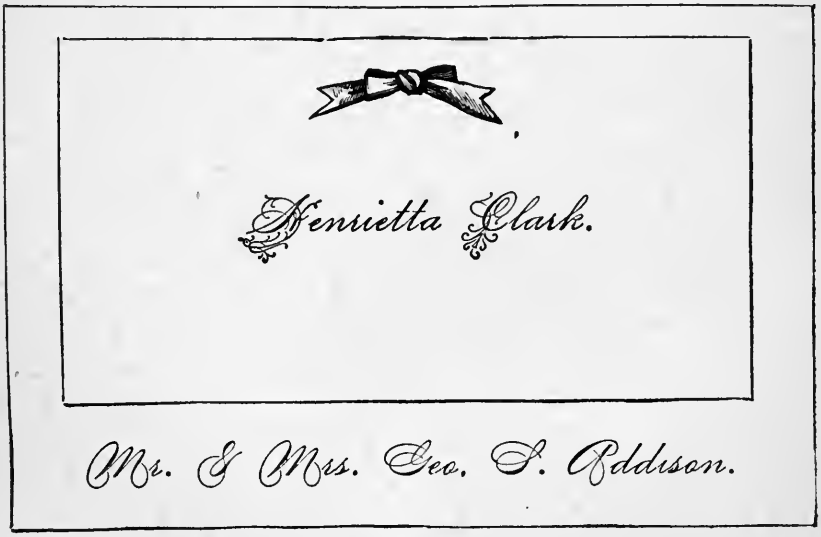
at church, and the reception held at the residence, it is customary to issue a separate reception card, inclosing both in one envelope to those whom it is desired to invite to both occasions.

It is printed on the first page of a whole sheet of wedding note, which is designed to fold once to fit the envelope. The monogram, engraved for the occasion, consists of the blended initials of the surname of bride and groom, and occupies the upper fold of the sheet, and the invitation the lower fold.

[WEDDING INVITATION.]

Mr. and Mrs. J. S. Clark request the pleasure of your company at the marriage of their daughter, Henrietta, to George S. Addison, Wednesday evening, February 21, 1882, at 8 o'clock, at their residence, No. 23 Pacific avenue.

This invitation is accompanied by the wedding cards proper, in one of the following styles :—



FORM A.

In the above style, two cards are employed, tied together with a neat bow, or they may be left

unattached in the folds of the invitation. Sometimes they are enclosed by themselves in an envelope of the right size, the outside envelope confining the whole. If the cards are not attached, they are both printed in the middle. They should be on fine bristol board, either white or a delicate cream tint.

George S. Addison. *Henrietta Clark.*

Mr. & Mrs. Geo. S. Addison.

Park Ave., Omaha, Nebraska.

After March 1, 1884.

FORM B.

Form B indicates that the parties expect to return from their bridal tour, and take up their residence at Park Avenue, prior to March 1, after which date they will receive friends. Parties receiving this notice should call within ten days of the date specified, or if unable to do so, should send congratulations, as silence would be interpreted as a wish to discontinue the acquaintance.

A very neat style of wedding card, somewhat generally used, is given in miniature on the next page. The full size is such that when folded twice it occupies a common-sized wedding envelope. It is of fine bristol board, with beveled and gilt edges. The card is scored to fold twice, as in-

dicated by the dotted lines, and is enclosed in the usual manner. The center fold contains the body of the announcement, while the two ends may be occupied as indicated below, or one fold may be used for the monogram and the other for the reception announcement.

Ceremony *at* *St. Thomas' Church* *at 10 a. m.*	*Mr. & Mrs. C. H. Brown* *request the pleasure of your company* *at the marriage of their daughter* *Mary Louise* *to* *Thomas P. Wallace,* *Tuesday, September 12, 1882.*	*Reception* *From 11 to 3 o'clock,* *at* *33 Prospect street.*

FORM C.

When the ceremony is private with no reception, and the parties wish to notify their friends, and at the same time announce themselves "at home," the following form is used :—

Mr. and Mrs. H. P. Lovejoy married, Friday evening, July 7, 1882, at Manchester, N. H. At home, No. 242 Park street, after July 10.

This is printed in the same general style as the invitation, and is enveloped in the same way, the monogram being printed on the flap of the inner envelope, if desired. Instead of the monogram the initial of the husband's surname is sometimes used, in which case it is omitted from the envelope.

Invitations to wedding anniversaries are issued under the same general rules governing other in-

vitations, and are to be received and acknowledged in the same manner. For style and material appropriate see Wedding Etiquette.

1864. 1879.

Crystal Wedding.

Mr. & Mrs. Geo. S. Addison

Celebrate the

FIFTEENTH ANNIVERSARY OF THEIR MARRIAGE,

Tuesday Evening, August 15, 1879.

No. 207 Champion street.

The pleasure of your Company is requested.

This form may be varied, to suit the taste, by transposing the parts, but all such invitations should bear the years of both the event and its anniversary, or its title, as "twentieth anniversary," or "china wedding," etc. A simple reception or "at home" is sometimes used, with the addition of the dates and the title, above referred to, as for example:—

1862. 1882.

CHINA WEDDING.

Mr. & Mrs. Henry H. Jewett,

AT HOME,

Thursday Evening, July 13, 1882.

R. S. V. P. 17 Hall St.

An occasion so prominent as a silver or golden wedding should be honored with a finely gotten-

up invitation, in keeping with the importance of the event.

Invitations to a funeral should be upon note paper of small size, with black border, neatly and plainly printed, and enclosed in black bordered envelopes. First class stationers keep them in stock, as they do also black-bordered stationery for written invitations.

[FUNERAL NOTICE.]

Yourself and family are respectfully invited to attend the funeral of Henry P. Winterset, at the Park street Congregational Church, Tuesday afternoon, at three o'clock, when a discourse will be preached by Rev. J. O. Bell. Prayer at late residence on Walnut street, at 2 o'clock; proceeding thence to the church.

Hollywood, August 22.

Notes of Invitation.

For general instructions in regard to Notes of Invitation, see page 70. For Notes of Invitation to a Dinner Party, and Notes of Regret, see page 71.

[INVITATION TO EVENING PARTY.]

Mrs. Wm. H. Elliott and daughters request the pleasure of Mr. and Mrs. Clarke's company on Thursday evening, Nov. 20th, at 8 o'clock.

No. 480 Sixth Avenue.

An invitation like the preceding indicates a large party, requiring full evening dress. The words, "to a small evening party," should be inserted if a large party is not intended, as it would be unpleasant for guests to appear in full evening costume, to find themselves exceptional cases.

A similar form may be used for lawn parties, musical *soirees*, amateur theatricals, etc., by insert-

ing the above expressions in the proper place in the invitation. An invitation to contribute to the program may also be incorporated into the note, which is usually written, entirely.

[INVITATION TO MUSICAL PARTY.]

Mr. and Mrs. Henry C. Martin request the pleasure of Prof. and Mrs. Johnson's company, on Wednesday evening, September 7, at 8 o'clock. Several musicians will be present, and any assistance in the musical part of the entertainment will be very acceptable. Refreshments at 9:30.

213 Prospect street.

Informal Invitations.

Notes written in the first person, and addressed familiarly, indicate an informal gathering, where full evening dress may not be expected as a necessary feature. It is customary, in sending such invitations, to name the other guests invited, if the number is not too large to admit of it. The following will serve as a sample:—

15 ARCHER AVENUE, December 6.

My Dear Mrs. White:—

We have invited Capt. Reed and his daughter to dine with us on next Thursday, and would be much pleased to have you and your son Fred with us. I also propose to invite Mr. Decker, who, as you may know, was an old schoolmate of the Captain's. Please let me have a favorable reply.

Yours affectionately,

MARY GARDNER.

When necessary to decline an invitation, the reason for so doing should be given. In accepting an invitation asking you to participate in the program the reply should state whether you are able to comply with the request, that the hostess may arrange the program accordingly.

Etiquette of Cards.

Insignificant as it may appear, a bit of pasteboard, its texture, and the method of its employment, indicate the social culture and refinement of the person whose name it bears. This is especially true in large cities, where the fashion is "set" by the leaders in society, and where the lesser details of custom and form are closely studied and faithfully observed. With dwellers in smaller cities and towns, the changes in styles are less frequent, and, it may be added, less imperative. There are, however, some general rules, of universal obligation, in reference to the style and uses of cards, which should be carefully observed by all who would move in cultured society.

The material of calling cards has for several years been a fine bristol board, either in white or some delicate tint, glazed or enameled cards being quite out of style. The size varies with the caprices of fashion, but a medium size maintains the ascendency. The name should be in plain script, and for a lady's card the letters should be small. The residence should not be printed on the card, but when necessary it may be penciled. Persons visiting away from home, however, may have their cards printed with town and State in the corner. The card of a married lady should bear the name of her husband, as "Mrs. Charles W. Morton." If several years a widow, her Christian name may be given, as "Mrs. Mary Abbott." If the wife of a physician, her card may be inscribed with her husband's title, as "Mrs. Dr. Anderson," but not

"Mrs. John Anderson, M. D.," as that would imply that she herself was the physician.

A business card should not be used in calling, but a physician may prefix "Dr." to his name, or affix "M. D.," on his visiting card, and his residence may be given, but the addition of office hours, or other advertising matter, is considered objectionable.

"Chromo" cards, or other gaudy displays, are allowable for children at school, and for advertising purposes, but the absence of ostentation on the visiting cards of ladies and gentlemen is regarded as good taste. Cards of thick material, with the edges beveled, are now considerably in use, and, if not too large, are quite neat and attractive.

For special occasions, as Easter and Christmas, a departure from the rule in regard to plain cards is allowable, and a great variety of handsome cards may be found in the hands of the stationers for such use

Uses of Cards.

The season for calling commences in the autumn, on the return of people from the summer resorts, and on making the first calls a card should be sent up to the lady of the house, even though it be known that she is receiving. This is for her own reference. A card may be used as a substitute for a call, under circumstances when a call is not in order. If sent by a messenger it should not be in an envelope, as that indicates a desire to terminate calling between the parties. This

rule has an exception in P. P. C., or leave-taking cards, which may be thus enclosed, and also in mourning cards from a family in bereavement. If delivered in person, the corner should be turned down. If intended for other members of the family beside the lady of the house, it should be folded in the middle, one card answering for all. Guests visiting with the family are not thus included, and a separate card is required for them. Persons invited to a reception, wedding, or party, should leave cards within ten days after the event; also, after receiving the notification of a wedding, with "at home" announcement. A gentleman having conducted a lady to a public entertainment, should call or leave his card within three days after.

The above card, with the corner thus turned and marked "P. P. C.," indicates leave-taking, and that the card was left in person. If sent by a messenger, the corner would be inscribed, but not turned down. To indicate a friendly call by card, in person, turn down the upper right hand corner. The upper left hand corner turned signifies felici-

tation, and the lower left hand, condolence. If folded in the middle, all the ladies of the household are designated.

Cards of congratulation should be left in person. If you cannot call, nor leave such card by your own hand, a letter of congratulation may be written, with an apology for not calling. This does not apply to the newly-married, as calls in person are due them, if it is desired to keep up the acquaintance.

Families in bereavement receive calls only from intimate friends, and cards of condolence are in order from their acquaintances, which must be delivered in person. The receipt of return cards in black border, from the family, indicate that calls will be acceptable.

Business Cards.

Advertising has become a science, in which is displayed much skill and ingenuity It is carried on in a variety of methods, but none of them have obviated the necessity for a business card, as a means of announcing the leading features of the business to be advertised. Three leading features should be made prominent, viz., the line of business, the party or firm conducting it, and the place. Other matters may be added, but should occupy a secondary position in point of prominence.

A business card may be plain, in a single color of ink, or in several colors, and very ornamental. If the former style be preferred, the use of light-faced, clean-cut type of a nearly uniform style is now quite popular.

RIDING AND DRIVING.

The code of etiquette for riding and driving is necessarily short, but the rules are imperative.

Riding.

The gentleman should assist the lady to her seat in the saddle before mounting his own horse. The lady should stand as close as possible to the

CORRECT. INCORRECT.

left side of the horse, with her skirts gathered in her left hand, her right hand upon the pommel of the saddle, and facing the horse's head. The gentleman stands by the horse's shoulder, facing the lady, and stooping allows her to place her left foot in his right hand. The lady springs and the gentleman gently lifts her to her seat in the saddle. After assisting her in placing her foot in the stirrup, and obtaining the reins and riding whip, he is at liberty to mount.

The gentleman's position is always at the right of the lady, as shown in the engraving, The awk-

wardness of the incorrect position can be seen at a glance. If riding with two or more ladies, his position is at the right of all, unless some one requires his assistance.

In alighting after the ride, the lady should not attempt to spring from the saddle, but wait for assistance. She frees her knee from the pommel, places her left hand in his right and her foot in his left. The gentleman then lowers her easily to the ground.

Driving.

If in a two-seated carriage, the ladies should be given the best seat, which is the one facing the horses. If the gentleman accompanies but one lady, he should take the seat opposite her unless

invited to a seat by her side. The seat to the right, facing the horses belongs to the hostess, which she should always retain. If she is not one of the number, it belongs to the most distinguished lady. Care should be taken that the lady's clothing is protected from dust and mud.

The gentleman should always alight while assisting a lady in either entering or leaving the carriage. This is fully illustrated in the engraving.

The laws of etiquette which govern society at our Nation's capital, being a code by themselves, are entitled to special mention in these pages, and we here give an epitomized summary of the rules now recognized as prevailing in Washington.

The President and family are the leaders of society, and take precedence in all social matters. The President must not, officially, be invited to dinner, but may visit in a private capacity, at pleasure. His invitation to dinner must always be accepted, and cancels all previous engagements.

On New Year's day, and sometimes on the Fourth of July, a public reception is held at the White House, and is an occasion of much ceremony. The ladies appear in elegant toilettes, and the foreign ministers in full court dress. After the officials have been received, the general public are admitted, and shake hands with the chief magistrate.

Receptions are also held at stated intervals during the session of Congress, and are open to all without special invitation. These may be morning or evening receptions, and the visitors dress accordingly. The caller gives his name to the usher, on entering the reception room, and is introduced to the President, with whom he shakes

hands, and passes on, to be presented to the President's wife, or the chief lady of the White House, and then mingles with the general throng.

The order of rank in Washington is as follows: The President, Chief Justice, Vice-President, Speaker of the House of Representatives. Next comes the General of the Army and the Admiral of the Navy. The Cabinet officers come next, and are all on the same footing. Then come the Senators, Representatives, the diplomatic corps, and other public officials, whose rank is determined somewhat by their seniority in the public service.

GENERAL RULES.

At the risk of some repetition, we give a summary of rules, which may safely be followed, and the observance of which is indispensable to good behaviour everywhere.

Cultivate grace of manner and elegance in address and demeanor. Sit erect in company, avoiding a lounging, awkward position. Do not point with the finger, but indicate direction with a wave of the hand or motion of the head. A gentleman always removes his hat and remains uncovered in the presence of ladies, except out of doors, and then he lifts or touches his hat in salutation

Do not intrude upon the privacy of others by entering their apartments without knocking, or in their absence, nor look over the shoulder of

another at what he may be reading or writing. It is impolite to read what others have written, not intended for your eye.

Seek not to monopolize conversation. While a good talker is a valuable accession to company, a good listener is almost equally appreciated. Avoid display of wit. While a keen reply is sometimes *apropos*, in a much larger number of cases it is out of place.

Loud laughter, or other undue emotion, should be checked in the society of others.

Talking much about one's self is in bad taste, as personal histories are usually dry subjects of conversation. This rule has its exceptions, but they are less frequent than many fondly suppose.

Gossip and tale-bearing should be shunned, as evil traits of character, which make their possessors worthy of being avoided as dangerous.

Contention and contradiction are unnecessary, and should be avoided. If necessary to correct another's mistake, do it politely. Say "Excuse me, but I think you labor under a misapprehension," or a similar expression which will make the correction less abrupt than a blunt denial.

Smoking in the presence of ladies is a grave offense, even though they may themselves tolerate it. A witty lady, when asked by a man about to light a cigar if smoking was offensive to her, replied, "I do not know, sir, no gentleman ever does it in my presence."

When asked to sing or play in company, comply without being urged, or refuse in a manner

that shall be final. After singing or playing one selection, do not go on with others unless sure that the company desire it.

When music is being performed in company, it is impolite for others to keep up a conversation. If you do not enjoy music, keep silent for the sake of others.

If thrown in the company of others of uncertain rank, do not affect to be their superior, nor endeavor to make them feel inferiority. Treat every one with politeness and consideration, and concede a little to the manners of others, at least so far as may be without the sacrifice of principle.

Do not sit or stand with your back to another without asking to be excused, nor with the feet wide apart, or arms akimbo.

Do not address a person in company in a low tone of voice, nor carry on a private conversation. If secrecy is demanded, reserve the subject for a proper occasion.

In expressing your own opinions, do it with modesty. If called upon to defend them, be not rash nor impetuous, but quietly firm and consistent.

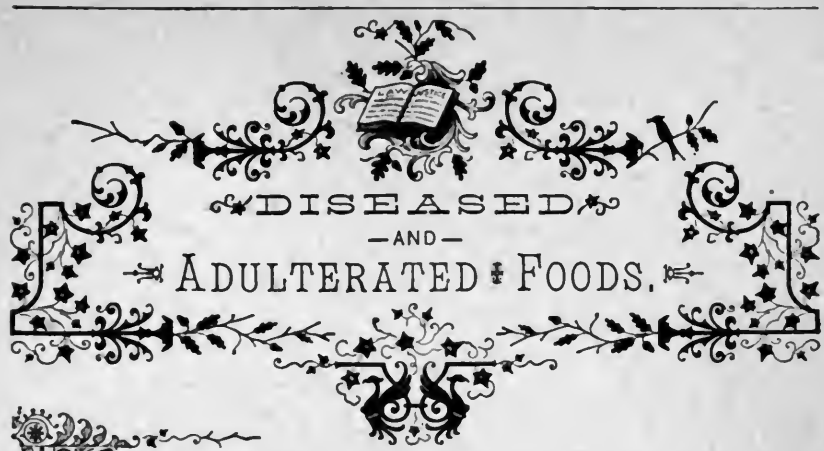
Avoid contracting disagreeable habits, such as sniffling, hawking, and emitting short vocal sounds. If a victim to such habits, seek to cure them, which can be done by persistent effort. If sneezing cannot be resisted in company, let the face be covered with the handkerchief during the paroxysm.

Do not seek to recall an invitation once given, unless it has been delivered to the wrong person.

Be careful of your own good name, and also of the good name of others. Allow no one to speak ill of a lady in your presence, nor pass by an insult to true womanhood.

PART THREE.

Hygiene of the Home



IT is a well recognized fact that the condition of the food which we eat has much to do with the maintenance of the integrity of the system. We therefore give the subject the prominence which it deserves, and place it at the head of the Hygienic Department of our work. It may readily be seen how diseased foods, both animal and vegetable, might find their places in the markets without the knowledge and through no fault of those supplying them. But the extensive adulteration of foods, while it may not be more injurious in the results produced, is yet more startling and perhaps unexpected on the part of the consumers. In this chapter we shall endeavor to give instructions which will enable the purchaser to detect both fraud and accident in the more common articles of diet. It will be impossible to take up the subject in detail, and we can only call attention to some of the most prominent and injurious of the evils.

Animal Food.

There is more danger than we think in the use of animal food, from the fact that the animals are just as liable to disease as is man. And even if we could be assured of the most conscientious care on the part of our butchers, still there would come to our tables much meat which would be absolutely unfit for food. If we were to question our butchers carefully, and could we obtain from them a truthful answer, we would be appalled at the amount of disease which is discovered by the vender of meats, and which passes unquestioned. In another department a chapter is given on the selection of meats, and yet at best it is a poor protection. Before any degree of safety can be reached a radical change will be required in the present system of shipping cattle in overcrowded cars, and in other abuses which are practised by the great meat producers of our country. In our markets we can often find meats tinged with yellow, which indicates a bilious condition of the cattle. Other animals are found whose livers have perhaps been torpid and diseased for years. And in the stables and slaughter pens of our large cities it is scarcely possible to find cattle which are not measly, feverish, and whose flesh is not unfit for food.

In a recent conversation with a gentleman who has been connected with one of the largest packing houses in the West for over twenty-five years, we took occasion to inquire particularly in regard to the signs of disease to be seen in the animals

slaughtered. He stated that but little really healthy beef is to be found. That the livers are often enlarged, full of calcareous deposits, and sometimes undergoing fatty degeneration. Adhesions are also found, showing that some of the important organs have been subject to acute inflammation. Of course these signs of disease are suppressed as far as possible, and the meat thrown on the market.

If this is true in the West, at the fountain head of the supply, how must it be when the overcrowded, filthy car loads reach the slaughter pens of the East. Truly the use of animal food seems surrounded by difficulties with which it is hard to contend. And we can honestly say, the less meat eaten the better. God never gave it to man as an article of diet at creation, and we believe its universal consumption has much to do with the diseased and enfeebled state of the human race at the presnt time.

Veal, lamb and mutton, our friend stated, show less signs of disease, but healthy pork is not to be found.

The healthfulness of animal food depends much upon the surroundings of the animal and the food eaten while being fattened. Healthful conditions and healthful food are required to produce healthful meat. As to conditions, shelter, light, air, and exercise are necessary. Cattle confined to close, dark and illy ventilated stalls, and poultry confined in close coops, are unfit for food. The proverbial healthfulness of wild game depends largely on the free, roving habits of the animals. Of course, the

flesh of animals fattened in close confinement is considered a great delicacy, because,—shall we say it,—the lack of necessary exercise causes broken down tissue and effete matter to be retained in the system, which impart to the meat a peculiar flavor, much desired by epicures. The muscles are, of course, less compact, and the meat more tender.

Poultry is often fattened in this manner, especially among the French. Geese are nailed to the floor and systematically stuffed until they are nearly dead from disease, and then their livers, which have become so enlarged and diseased as to almost fill the whole abdominal cavity, are served to epicures as an especial dainty.

It is undoubtedly a fact that the food of animals has much to do with the healthfulness of their meat. It is stated that the flesh of pheasants in Pennsylvania is poisonous, because laurel buds are eaten by them. Eating the eggs of hens recently fed on decayed meat, has been known to produce violent illness. And we all know that the milk of cows is affected by eating certain pungent vegetables. Some kinds of fish are poisonous at certain seasons of the year, probably owing to their food at that season. We must, therefore, conclude that animals used for food should themselves eat only such things as are perfectly clean and wholesome. Poultry should be kept in a clean place, and fed on grain with a certain amount of vegetables or green food. Cattle should have a certain amount of liberty, with plenty of good corn and hay. Distillery slops are an abomintion.

It is not our object to draw disgusting pen pictures; but if we can say one word that will in any degree lessen the use of

Pork,

We have not spoken in vain. Look in yonder pig-stye, which is typical of thousands of others just as bad. If your olfactories will allow your near approach, examine that mass of filth and corruption. Fed upon offal, the stench of which, as the swill man passes, causes you to turn your head and grasp your nose between thumb and finger,— wallowing in his own filth, augmented by rains and refuse which even *he* will not eat,— is it not a sight to tempt the appetite of an epicure?

But worse than all that, his flesh is entirely composed of just such "stuff" as that upon which he is fed, and by which he is surrounded. Merciful Powers! Shall we eat him? Clarke once said that if he wanted to make an appropriate offering to the Devil, it would be a hog stuffed with tobacco. The hog was made to be a scavenger. Let us leave him to his original destiny.

Abscesses and ulcers are of common occurrence in the hog, but these sores do not find an outlet through the skin, as in other animals, but are taken into the circulation, and are discharged in this manner. Such ulcers are easily produced, and the bodies of hogs shipped in car loads to the East, are often covered with them as the result of unavoidable bruises received en route. Our friend of the knife and steel states that the flesh is often so permeated with yellow filth and dis-

ease that the flesh cannot be used. Then the whole carcass, Oh! Ye users of lard, is sent to the vats, where the lard is "tried" out to shorten your pies and pastry!

But leaving natural diseases which affect swine, we would call your attention to the scourge of

Trichinae,

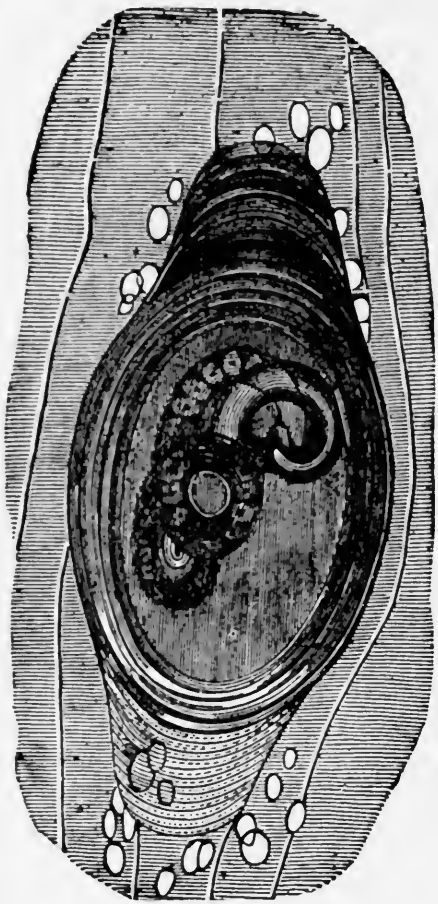
And the seriousness of the danger incurred by those using pork thus infected.

Descriptions of this parasite have been so numerous that it is scarcely necessary to enter into details. We find the following description by an eminent scientist, which cannot fail to be of particular interest to the reader: —

"They are cylindrical and tapering, one twenty-eighth of an inch long by one-six-hundredth of an inch thick. Both in the hog and in the human subject, they are sometimes found in great abundance in the muscular tissues, sometimes as many as 70,000 or 80,000 to the cubic inch. When first discovered in 1832, and for many years after, they were supposed to be harmless, no symptoms connected with their presence having been detected. It is now known that in the cases first observed the parasites had long lain quiescent in the muscular tissue, and that their recent introduction into the system forms one of the most dangerous affections to which the human race is liable. The true physiological history of *trichina spiralis* is as follows :—

"When the muscular flesh of pork containing the encysted parasite is eaten in an uncooked or

Encysted Trichina.



The above cut is a highly magnified representation of the worm in the capsule, some weeks after infection

imperfectly cooked condition, the cysts are digested and destroyed in the stomach, but the worms themselves, retaining their vitality, pass into the small intestine. In this situation they lose their spiral form, and begin to increase in size; and by the fourth or fifth day they arrive at maturity, attaining a length of from one-ninth to one-seventh of an inch." At this time their numbers increase enormously, a single worm, according to some authorities, producing one thousand or more young.

"These embryos, which are of minute size, but in form similar to their parents, then begin to penetrate the walls of the intestine, and to dispose themselvs over the body. This causes at first an irritation of the intestine, which is usually the earliest symptom of the attack. Within a fortnight after the commencement of the symptoms the embryos are usually to be found scattered throughout the body and limbs, in the tissues of the voluntary muscles. They are still not more than one-one-hundred-and-fortieth or one-one-hundred-and-twentieth of an inch long. They soon become enclosed in distinct cysts, where they grow to a size of one-twenty-eighth of an inch, and at the same time become coiled up in the spiral form. This period of the invasion of the muscular tissues by the parasite, is one of great danger to the patient, being characterized by swelling and tenderness of the limbs, pain on motion, and general fever of a typhoid character. The attack is often fatal about the fourth week. If the patient survives that period, the trichinæ

become quiescent, cease their growth, and may remain, without further development or alteration, for an indefinite period."

When the subject of this desease was first brought to the notice of the public but little attention was paid to it. But as the effects of the parasite have been better understood, and so many cases of terrible suffering and frequent death have been traced to it, the earnest attention of the most eminent physiological scientists has been attracted to the subject, and it has become a matter of thorough and constant investigation. As a result of this investigation, it has been clearly ascertained that the disease is fearfully on the increase. An examination of the pork passing through the Chicago markets a few years ago, showed that one in forty of all the hogs slaughtered in that city, was infected. A recent investigation by the Chicago Board of Health, shows that the number has increased since that time to one in twelve. And when we bear in mind that the parasite never leaves the system after once entering it, we may safely conclude that the time is not far distant when pork will be universally infected by this dread disease.

Not only is the disease rapidly spreading among swine, but it is becoming correspondingly prevalent in human beings addicted to eating pork. It is no uncommon occurrence for medical students in their dissections to discover the little calcareous trichinæ cysts scattered through the muscles of the subject of the scalpel. Professor Janeway, recent Demonstrator of Anatomy in Belle-

vue Hospital, claims that one in twenty of all the subjects dissected in that college was afflicted with this malady.

This subject has attracted so much attention in the old world, that some nations have absolutely prohibited the introduction of American pork into their territories, and it is probable that the great commercial value of the article to the United States, is all that prevents active measures on the part of our government.

Dr. Kellogg, in his Home Hand-Book of Domestic Hygiene, thus describes the symptoms of this terrible disease: —

"At first the symptoms resemble those of cholera morbus, dysentery, or some other serious bowel disturbance. When the young worms begin to penetrate the system, the symptoms become more general, and simulate rheumatism, cerebro spinal meningitis, typhoid fever, and other diseases. This is the reason why the malady is so often overlooked. Indeed, there is reason for believing that the largest share of the cases of this desease are not detected. Whether or not death results, depends upon the number of parasites received into the system and the vitality of the patient. Death usually occurs from exhaustion, but may be caused by paralysis of some of the muscles involved in respiration."

The terrible malignity of the disease and its absolutely incurable nature, suggest to the prudent the entire abstinence from the use of pork, which is seen to be so universally infested with this parasite. The wonderful vitality of this worm

renders very uncertain any such precautionary measures as thorough cooking, which is advocated by some. It has been demonstrated that a very high degree of heat is required to destroy the trichinæ, and it is doubtful if any rules can be given which may be accepted as safe. There is only one safe ground to take on this subject, and that is to leave the hog to his wallowing in the mire, and never attempt to use him as an article of diet.

But it is not alone to the trichinæ scourge that pork is indebted for its unhealthfulness. The meat of the hog is but a measly, scrofulous mass, and cannot by any means build up good tissue. Much of the scrofulous taint so prevalent in the United States may be traced as to its origin to the general use of pork as an article of diet. The use of pork it may be assumed, therefore, is unhealthful and extremely dangerous, however strict the precautions taken in its selection and preparation, and perfect immunity from the dread trichinæ scourge can only be secured by abandoning its use in toto.

Decayed Foods.

Not a few cases of severe poisoning occur yearly from the use of decayed or mouldy food. Partially decayed meats are doubtless the most fruitful cause, although instances of severe poisoning have occurred from the use of mouldy bread, decayed cheese, etc.

Canned meats, preserved meats, sausages and mince meats are the most likely to be thus af-

fected, as the process of putting them up conceals any imperfections there may be in the meats, and even the first stages of decay are hidden. Unscrupulous men do not hesitate to take advantage of this, and use meats for these purposes that otherwise would find their place in the waste barrel. A kind of decay sometimes takes place in the best brands of canned meats which cannot be detected by smell or appearance, but which renders them very poisonous. Several severe cases of poisoning from the use of such canned meats have come to our notice, and milder cases are of almost daily occurrence.

"High" meat, or meat which has been kept until decay has commenced, is much preferred by epicures, as it is then more tender and highly flavored. Just the amount of *highness* it shall attain depends upon the taste of the individual. In Europe it is allowed to get *higher* than in America, and in Burmah, according to the London *Times'* correspondent, their fish are first pickled and then buried in the earth from one to four years until it becomes one mass of corruption. To them, age improves it as it does choice old wines to others. We can testify to customs almost as loathsome among the Chinese, which our own eyes have witnessed in passing through their markets.

The same writer claims that as a result of eating their putrid fish, "lerposy is so prevalent in the jail of Rangoon, that it is found necessary to have a special ward for the lepers." He also suggests that the terrible plague at Astrachan was

due to the same cause. However this may be, it is true without a doubt, that loathsome diseases arise from the use of "high" meats of any kind. Meats, if eaten at all, should be as fresh, clean and healthy as is possible to find them.

Stale Vegetables.

Next to decayed meats come stale vegetables. Nice ripe fruit, and fresh vegetables in their season, are among the most wholesome of all articles of diet. It is to the use of unripe fruit and wilted and partially decayed vegetables that the bowel disturbances are due. It is much safer to arrange with some gardener to furnish the supplies, where you know everything is fresh and of the best quality. Vegetables readily absorb poisonous gases, and when kept in markets, surrounded by meats, fish, and other decaying substances, perhaps for days, they are absolutely poisonous and unfit for food. If compelled to obtain supplies at such places, be sure everything is fresh and healthy. Vegetables should be firm in appearance and to the touch. If limp and shriveled, pass them by.

Diseased and Adulterated Milk.

Milk is often not only unpalatable, but a fruitful source of disease. Prof. Garlach, of Hanover, by a series of experiments, has demonstrated that tuberculosis (tubercular consumption), may be transmitted to mankind by the milk of cattle so affected. Cattle are also liable to fevers, milk sickness, and foot and mouth diseases, and when kept in under-ground, illy-ventilated stables and

fed on distillery slops, as is often the case in large cities, they become so frightfully diseased that they literally rot to death. Milk from such cows, given to children, has been known to produce the most serious consequences, and many of the diarrheas and dysenteries of older people could no doubt be traced to this cause.

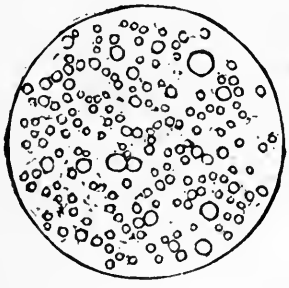


FIG. 1.

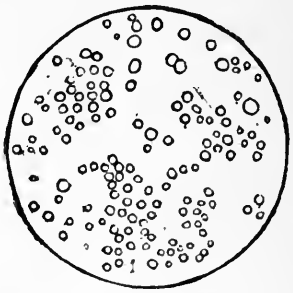


FIG. 2.

Fig. 1 shows the appearance of healthy milk as seen through the microscope, showing the butter globules many times magnified. Fig. 2 gives the appearance of feverish milk.

FIG. 3.

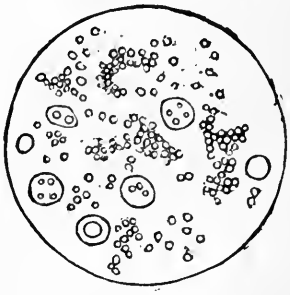


FIG. 4.

Fig. 3 exhibits the appearance of a sample of milk from a distillery stable in Brooklyn, examined by Dr. Percy. It was taken from a cow very ill with high fever and inflammation of the bowels.

The milk was scanty and blue, and contained, in addition to the broken-down butter globules and spores of confervæ, blood globules which are not shown in the drawing. Fig. 4 is a sample of the same milk after standing closely corked for 24 hours. The spores of confervæ have grown to perfect plants, with branching stems. These drawings were given in the "Report of the New York State Medical Society."

Prof. James Law, of Cornell University, has made some investigations in relation to fungi in cow's milk, of much practical interest. He arrived at the conclusion that several of the low forms of vegetable life were introduced into the water of which the cows drank, as he found the same forms in the water and also in the blood of the animals. The experiments were made in such a manner as to preclude the possibility of the introduction of the organisms from any other source."

To this source has been traced epidemics of diphtheria, and scarlet and typhoid fevers, and it is probable that other serious disorders originate from the same source. On this subject Prof. Arnold remarked as follows in the New York *Tribune* :—

"Cases of poisoning (referring to some marked cases in Wisconsin,) similar to that described have been the occasion of much solicitude among dairymen and others, as they are every now and then breaking out in different parts of the country. Cases of a milder type are not infrequent, the symptoms running no further than nausea and pain in the stomach and bowels, without either vomiting or purging. I have satisfactorily traced

the cause to organic poison in the milk, derived from the use of bad food and water taken by the cow. When water which is foul is permitted to stand where it is warm, or at a temperature at which organic changes can take place, organisms of one kind or another, poisonous to the human body, it is well known become developed, as is proved by the use of the water. Cows making use of such water are liable to take the poison germs into their circulating system and excrete them in their milk. As in the processes of cheese-making the milk receives no treatment which will destroy them, they carry their vitality into the cheese, which, when eaten and dissolved in the stomach, sets them free to produce their legitimate results. When milk thus affected is used for butter, the poison is liable to, and does appear in the butter, producing the same symptoms as in the case of cheese. Or if the milk is used directly, exactly the same results follow as when made into butter or cheese. Dr. Inglehart, of Syracuse, N. Y., is now investigating a case of this kind. It is a case of poisoning in which a number of persons were affected precisely as in cases of poison cheese, and has been traced to the use of milk, and the milk traced to a herd of cows which had access to a cesspool in the yard and had their brewer's grains moistened with water from a well affected by the drainage in the yard. . . . . The cause of this kind of poisoning is a ferment, and has the nature of yeast. The remedy is to keep all bad food and water out of the way—to remove the cause."

"Milk is easily adulterated by substituting various cheap materials for the natural ingredients, thereby seriously affecting its quality, while the fraud can be detected only by the skilful examination of the chemist. The nourishing cream is removed and water is substituted. This involves the addition of white thickening substances to disguise the cheat, and of other strange ingredients to restore or retain the sweetness and saltness of the milk. Large cities are almost hopelessly exposed to these frauds; but worse than all, a large portion of the milk with which they are supplied is that of diseased cows kept in crowded stables and fed with cheap unwholesome food, especially the swill of distilleries." The evil became so serious that several years ago the attention of medical men in New York was directed to the subject, and in 1859 a careful investigation was made into the character and properties of the milk sold in the city. The result showed that but little milk that was fit for use was to be obtained.

It will certainly be well to exercise the greatest care as to the surroundings and healthfulness of the cows from which comes our supply of milk. If this be impossible, the milk should be thoroughly scalded before using, especially during the summer months.

Impure Water.

Impurities in water are of two kinds; organic and inorganic. "Hard" water is water permeated with inorganic substances, of which salts of lime are

the most common. A large number of other inorganic substances are found in water, rendering it really unfit for drinking purposes, such as sulphur, iron, magnesia, etc.

Medical science teaches us that the presence of mineral substances in drinking water is injurious to the health, and that pure "soft" water is the most desirable. The idea that the mineral substances contained in hard water are beneficial to health is fast losing ground, as the food we eat will impart all these substances needed by the system, and it is very doubtful if the system can use these materials in the crude state as they are found in water.

Much of the mineral impurities is held in solution by carbonic acid gas, which water absorbs quite readily. By boiling for 20 to 40 minutes this gas is thrown off and the mineral matter is precipitated, leaving the water comparatively soft. Scale in engine boilers, and the lime deposited on the bottom of your tea-kettle, owe their presence to this fact. Distillation produces absolutely pure soft water. The exhaust from an engine is an example of this. This process is employed on board of steam vessels to produce drinking water from the salt ocean water.

Organic Impurities

In water are the most objectionable, and are of two kinds, vegetable and animal. They always exist together and are known to produce the most serious results. Many diseases, such as diphtheria, dysentery, cholera, etc., are supposed to often orig-

inate in this way, and typhoid fevers have been directly traced to drinking water permeated with organic impurities. Dr. Kellogg traces as many as twelve cases of typhoid fever to one impure well, which was so located that the drainage of barn-yard and privy vault found its way directly to the well.

The indications in such cases are two-fold. *First*, remove the cause of contamination, and *Second*, purify the water.

In the first case, follow directions given under the heading of "Location of our Houses," and then do not locate any barn-yard, out-house, cess-pool, or pile of garbage within eight to twelve rods from the well. It is stated by Dr. Kellogg that "a well ten feet deep will drain a circle sixty feet in diameter," with a circle widening as the well goes deeper.

Cisterns are not necessarily pure because they contain only rain water. The rain in descending absorbs impurities from the air, and it is this which renders the air so pure and invigorating after a shower. To detect organic impurities, take a clean bottle and fill it with the water to be tested, and add a little white sugar. If within two days it appears cloudy, the water cannot be used with safety.

Filtration

Is the only method of removing organic impurities. The methods are various, but their design is the same,—to strain out impurities. The materials used in constructing filters are usually sand and

charcoal. The sand removes all suspended impurities, such as muddiness, and the charcoal removes the organic matter. Two principles of construction are employed in making filters, the water passing downward or upward, the latter method being considered the better, and the filter more durable.

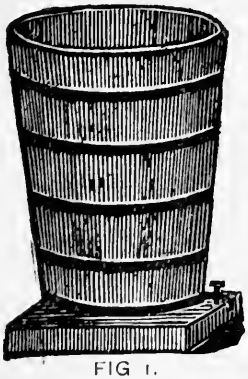


FIG 1.

Fig. 1 represents the downward method as employed in the Kedzie filter, manufactured in Rochester, N. Y. The water is poured in at the top and drawn off through the faucet at the bottom. By this method the impurities are all retained as the water is passed through, and the material soon becomes foul in consequence, and the filter must be overhauled and the material cleansed and re-packed, or the filter will become a source of contamination instead of purification. We have known the water in one of these filters which had been used some months without cleansing to become very offensive to both taste and smell, and the water more impure than it was previous to its filtration.

Figs. 2 and 3 represent the Stevens Filter, manufactured by the Stevens Filter Co., of Toledo, Ohio. It is constructed on the principle of upward filtration, and we consider it the best filter we have yet seen. By examining the sectional view in Fig. 1, it can be seen that the water is placed in the receiver A, passes through the tube N to the bottom of the filter, and then upward through the filtering material F to the pure water reservoir B. It is then drawn off at the faucet H.

The Stephens' Filter.

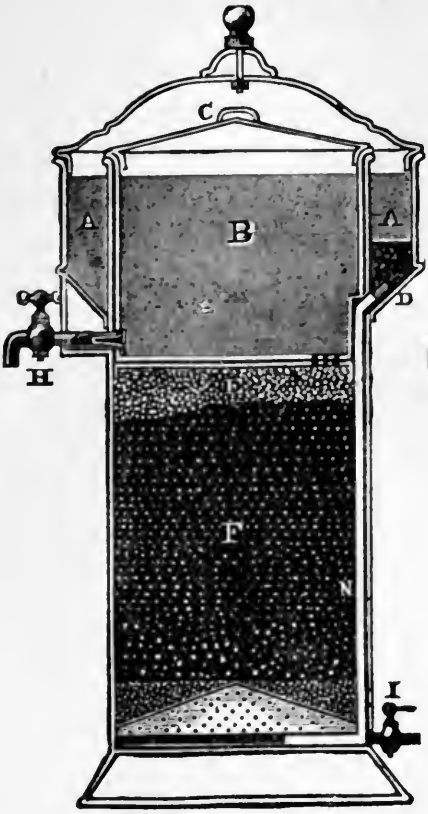


FIG. 2.

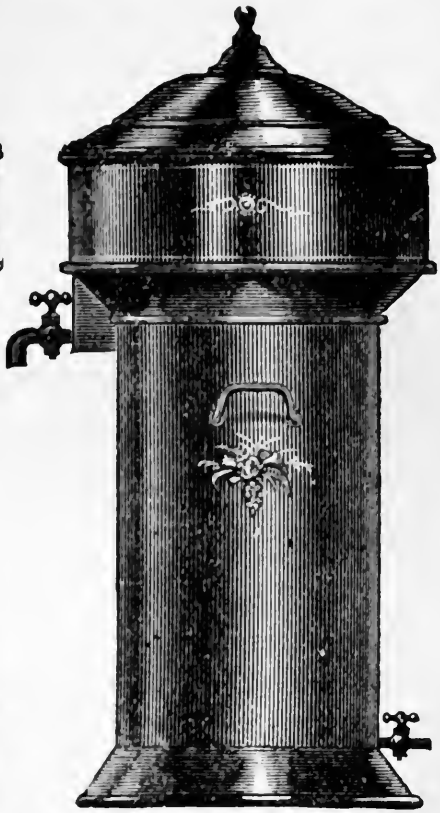


FIG. 3.

To Cleanse the Filter.

Reverse the current by pouring the water in at B, and drawing it off at faucet I.

Care of Filters.

Too little attention is given to the care of filters by those using them. The charcoal in the filter owes its efficiency to the large amount of free oxygen which it contains, by which it is enabled to burn up and destroy the organic elements as they pass through it. This supply of oxygen will in time become exhausted, and unless replenished the charcoal becomes a source of impurity instead of a cleansing element. To remedy this the filter should be entirely drained, and allowed to become dry as often as two or three times each week. When dry the charcoal soon absorbs a fresh supply of oxygen, and is again ready for business.

The sponge in the filter should be scalded once a week, and the whole filter should be repacked twice or three times a year. Full directions for repacking should be obtained from the manufacturers by whom your filter was made.

Tea and Coffee

Are subject to various adulterations. Some of these are harmless, while others, especially in tea, render the beverage more unwholesome than it naturally is. In adulterating tea, "willow leaves

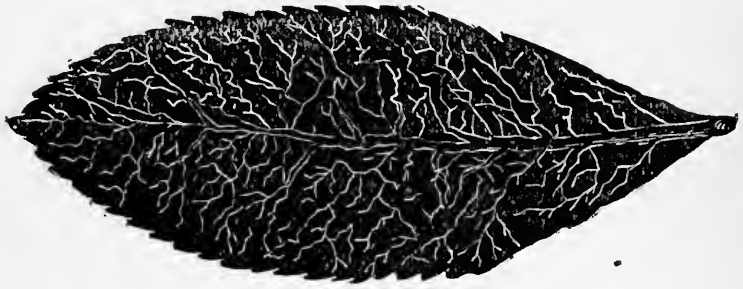


FIG. 1. FULL GROWN TEA LEAF.

and those of *camellia sasanqua* are much used in China, while in England those of the sloe, or wild plum, the hawthorne, elder, plane tree, poplar, and others, have been employed."

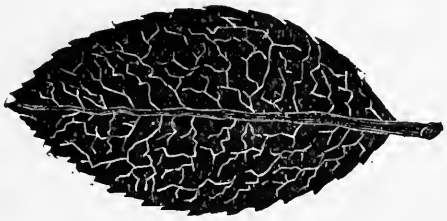


FIG. 2. LEAF PARTLY GROWN.

FIG. 3. YOUNG LEAF.

These leaves are harmless, but the evil results arise from the drugs used to hide the deception. Among those most commonly used are Prussian blue, tumeric, indigo, Paris green, black lead, Chinese yellow, Venetian red, oxide of iron, carbonate of copper, bichromate of potash, copperas, etc.

One method of detecting the adulteration with other leaves is by "soaking out and unrolling them

those of the true tea being well known as to their shape, the character of the margin, and especially the serration (the looping together of the principal veins just within the margin being very characteristic), they may be readily picked out from any foreign admixture by the aid of a hand glass."

To detect the presence of different coloring matters used as glazing or facing, such as plumbago, Prussian blue, turmeric, etc., examine the leaves by the aid of a hand glass, and the coloring matter can be seen. Or, soak the leaves in cold water, and after removing the leaves allow the sediment to collect on the bottom of the glass. Examine the sediment by the aid of a magnifying glass.

Green teas are thought to be of better grade than the black varieties, but in point of fact they often prove to be cheaper grades of black tea colored.

But little genuine tea comes to this country. It is a well know fact that Chinamen will not drink tea imported for comsumption by Americans, as they are too well aware of its adulteration and villainous compounding. An eminent chemist in Portland, Maine, after subjecting a number of samples to rigid chemical examination, makes the following report:—

"No. 1. Oolong, price 40 cents, contained old tea grounds colored with logwood.

"No. 2 Oolong, 50c., same as above with addition of sloe leaves.

"No 3. Oolong, 50c., sand, old leaves, sulphur, lime, colored with Prussian blue.

"No. 4. Japan, 50c., sloe leaves colored with turmeric, and old leaves.

"No. 5. Green, 50c., colored with turmeric.

"No. 6. Black, 60c., genuine.

"No. 7. Oolong, 60c., contained other leaves, colored with logwood.

"No. 8. Oolong, 70c., logwood, sulphur, lime, colored with Prussian blue and powdered with quartz rock.

"No. 9. Japan, $1.00, colored with logwood.

"Several other samples analyzed contained more or less coloring matter, and other ingredients to increase the weight. But one or two samples were found genuine in the whole number."

But aside from its adulteration the use of tea is very injurious to the system, and is being thrown out of the dietary of hygienists of the present day. Of its effect upon the system, Dr. Edward Smith, on the subject of "Foods," in the "International Scientific Series," New York, says:

"Excessive use of tea produces wakefulness and increased mental and bodily activity, which is followed by a reaction that brings exhaustion and a corresponding depression. Most of the unpleasant effects of tea are ascribed to the volatile oil; the long continued breathing of air impregnated with this produces illness in the packers of tea, and the tea tasters at the tea marts in China, who are even careful not to swallow the infusion, are obliged in a few years to give up their lucrative

positions with shattered constitutions. The Chinese who drink tea at all times are careful to use none less than a year old, as in time the oil either evaporates or is so modified that it ceases to be injurious."

In regard to coffee, an eminent author has said:—

"Coffee fares somewhat better, its adulterating mixtures being of a more harmless nature, such as chicory, acorns, mangel-wurtzel, peas and beans, and for the use of the poor in London, roasted horse liver. In an analysis made in 1872, under the direction of the Massachusetts board of health, a pound package of a mixture sold as ground coffee was found to contain no coffee whatever; but coffee sold in bulk was nearly always found pure."

Any adulteration is easily seen in the whole berry, but cannot be so readily detected when ground. The only safeguard is to grind your coffee yourself, or see your grocer do it for you.

The use of coffee as a beverage cannot be recommended. It is not a food but a stimulant, calling upon the latent resources of the system, instead of imparting any strength of its own. It "increases the frequency of the pulse and activity of the mind, which is often so prolonged as to prevent sleep. Large doses produce palpitation of the heart, and habitual coffee drinkers are liable to have the digestion considerably impaired."

The exhilirating effects of tea and coffee are due to the presence of similar poisons of considerable potency called theine and caffeine.

Butter.

The adulteration of butter, or rather the manufacture of spurious butter has of late years become an extensive industry. Oleomargerine or butterine is the name by which this spurious article is known to the trade. To consumers it is sold as genuine. It is made from fat, and colored to resemble genuine butter. One factory in New York produces 50,000 pounds of this bogus article daily, and there are other extensive factories in Philadelphia, Baltimore, Pittsburg, Louisville, Detroit, Chicago, St. Louis, Cincinnati, New Haven, Providence and Boston.

To the taste and natural sight the difference cannot be seen, and it is only by the use of the microscope that the fraud can be detected. In the genuine the fat particles are globular in form, while in the imitation will be seen spikes of various shapes and differently connected. Generally the adulteration of genuine butter can be detected by gently melting, when a separation will take place.

The course of real safety is to procure the supply from reliable parties.

Sugar.

The cheaper grades of sugar are often adulterated with sand, plaster of Paris, and other substances. To detect this form of adulteration, dissolve the sugar in water, and the spurious ingredients will appear as a sediment.

Cheap brown sugars are unfit for use, as they

are loaded with impurities and are infested with living animalculæ called the sugar mite.

The most prominent article of adulteration is glucose. This is usually made from the starch of corn, although cotton, sawdust, old rags, etc., are sometimes used. Its strength is about one-fourth that of cane sugar, and as it is treated with sulphuric acid, chalk, marble, etc., it is liable to contain elements very detrimental to health.

"The manufacture of glucose has attained a very considerable magnitude, indicating an extensive use of the sugar and the sirups in the arts and in trade. Nineteen factories were in operation or ready to go into operation during 1881, in the states of New York, Ohio, Illinois, Michigan, Iowa and Missouri, which together had a capacity for consuming more than thirty-five thousand bushels of corn daily, and eleven million bushels during the year. The works are estimated to represent more than two million dollars of capital, and to give employment to twenty-one hundred men."

As a bushel of corn will produce about thirty pounds of glucose, it will be seen that these glucose factories are prepared to turn out three hundred and thirty millions of pounds yearly, or about seven pounds for every man, woman and child in the United States.

It is used in the adulteration of fine granulated and pulverized sugars, but cannot well be mixed with the coarser granulated varieties. In consequence of this peculiarity the latter varieties should be selected.

Sirup.

"A large percentage of all the glucose made is used in the manufacture of cane-sirups. In this manufacture the glucose is mixed with some kind of cane-sugar sirups until the tint reaches a certain standard, the amount of the latter substance varying from three to ten per cent according to circumstances. These sirups are graded according to the depth of the tint, as "A," "B," "C," etc. and are sold in the shops under various fanciful names. It is said that by reason of their cheapness, and their acceptable qualities they have driven all the other sirups out of the market."

The greatest danger from the use of this sirup results from the free sulphuric acid which it contains. Iron to a considerable amount is also found as the result of the action of the sulphuric acid on the machinery during the process of manufacture. Several cases of sore mouth have come under our own observation which must have been occasioned by the free use of golden drip on griddle cakes, as it entirely disappeared on discontinuing the use of the sirup.

Various complicated tests are given for the detection of the spurious article, but as 95 per cent of all sirups are found to be adulterated with the most pernicious substances, it is best to discard their use entirely, and use in their place melted maple or cane sugar.

Candies.

In the manufacture of candies large quantities of glucose are used. "All soft candies, wax and

taffies, and a large portion of stick candies and caramels are made of glucose. Very often a little cane sugar is mixed in to give a sweeter taste to the candies, but the amount of this is made as small as possible."

Another author speaking of colored confectionery says:—

"Though expected to be used principally by children, the colors painted upon the candies and sweetmeats are the products of virulent mineral poisons; and it is wonderful what a variety of these have been made applicable to this purpose. Their use, however, is not now nearly so great as it was in former times, and is discountenanced by reputable dealers in these articles."

The free use of candies is injuious to the system, and perfect immunity can be had by letting them alone.

Honey

Comes in for its share of adulteration. But little pure strained honey is sold. The bees are also taught to produce a fraudulent article. Paraffine base for comb is furnished the bees, which are also surrounded with large quantities of glucose. They at once build comb on this base, and fill it with glucose unchanged, and these industrious creatures are thus made to assist the rascality of man. Further than this, comb honey can now be made without the intervention of bees, the glucose "being put, by the means of appropriate machinery into combs made of paraffine." The fraud can be readily detected by tasting.

Baking Powders.

Previous to the introduction of baking powders the housewife used milk and soda, or made her own powder by combining cream of tartar and soda. The results of this method were rarely satisfactory, as these ingredients were seldom combined in the right proportion, so that one would neutralize the other. Hence a certain amount of one or the other ingredient appeared in the bread in its original state.

Honest baking powders combine the ingredients in exact proportions thus obviating this difficulty; but the large demand for this commodity has led to its wholesale and pernicious adulteration, thus throwing on the market a large amount of cheap, low grade, and deleterious powders. In these cheap powders, alum is a very prominent ingredient.

The effect of this alum powder upon the system is very marked—producing "headache, indigestion, flatulence, constipation, diarrhea, dysentery, palpitation and urinary calculi." When fed to dogs they became sick, and after a short time refused the biscuit, preferring to starve rather than eat them. Dr. Mott claims that alum renders the gastric juice incapable of digesting food, and causes inflammation of the stomach and bowels.

Cheap powders and those sold in bulk are universally bad. It is always best to select some brand known to be pure, and use no other. We have always used the "Royal" when it could be obtained, and can speak for its purity and strength. It never disappoints us.

Canned Fruit and Vegetables.

The following clipping from the *London Globe* will give some idea of the danger arising from the use of canned vegetables :—

"Those who love tinned green peas, should, it appears, arm themselves with suspicion before making a purchase. In a police case at Liverpool, it was stated that dealers in these dainties do not give any warning to the public, even when they know their goods to be poisonous, 'unless their customers are suspicious persons.' When this happens, on goes a label stating that 'these peas are slightly colored, but insufficiently to be injurious to health.' But any confiding customer is left in ignorance as to the addition of coloring matter, the belief of the dealers being, apparently, that this is one of the instances in which it would be folly to be wise. Inasmuch, however, as the coloring matter often contains poison, we think it would only be fair to give the public some choice in the matter. It was proved by the public analyst during the hearing of the case which led to these interesting revelations, that the tin of peas sold by the defendant to the plaintiff contained two grains of crystalized sulphate of copper. This quantity is sufficient to exercise an injurious effect on human health, although not, perhaps, to a dangerous degree, and there can not be much doubt, therefore, as to the necessity of stopping the sale. The defendant could only urge that the public insist on having green peas, and, as the required color must be produced by artificial means, he resorted to

what he considered the least harmful adulterant. That may be so, but all the more need to warn would-be purchasers to beware of carrying their love of beauty to the extent of injuring the coats of their stomachs."

Peas, beans, etc., cannot undergo the process of canning and retain a bright green color. If they are thus colored, they are unfit for food.

The greatest evil arising from the use of tinned fruit, especially the acid varieties, arises from the fact that lead-tin is sometimes used, and poisons the whole contents. The lead in the solder is also a source of poison. Noted cases of lead poisoning from the use of tinned fruit have come under the notice of the medical profession from time to time. The modern glass jar with its porcelain-lined top is absolutely safe and should be used altogether.

Vinegar and Pickles.

Vinegar is subject to the most mischievous adulterations, sulphuric and other acids being used freely in its compounding. Most of the cider vinegar used is but a compound of acids. If used at all vinegar should be known to be pure. The old-fashioned plan of the housewife making the supply for family use is to be preferred.

Pickles are colored with salts of copper to a dangerous degree. If of a bright green color, shun them, for they are dangerous.

Warming and Ventilation.

SO closely related are the subjects of Warming and Ventilation, that it seems necessary to treat them both in the same chapter. We shall endeavor to free these subjects from all technicalities, and shall advocate no appliances except such as are within the reach of the masses.

One of our most popular health writers speaks on this subject as follows :—

"So much has been written on this subject by nearly all classes of writers, and so universal has been the acknowledgment of its vital importance, that it would seem to be, of all others, the subject on which the people must be fully and thoroughly informed. While this is very probably the case, we are nevertheless constrained to believe that although scarcely a person can be unacquainted with the evils resulting from inattention to proper ventilation, yet so little regard is paid to hygienic agencies in general, and to this one in particular, by the masses of the people, that in

actual practice perhaps no one condition essential to the maintenance of the integrity of the vital organs is more utterly disregarded than this. The condition in which we often find the lecture hall, the court room, or even the church, is evidence of this. Nor is this the case only with the masses, or vulgar classes of the people, who perhaps might be partially apologized for on the grounds of ignorance; but it is equally true with those from whom we have a right to expect better things, and to whom society has been taught (unfortunately, indeed), to look for succor and protection from the ravages of death and disease."

The necessity for ventilation arises from two causes. 1st. The system requires a constant supply of oxygen to sustain the vital processes constantly going on, and 2nd. As the result of these processes, large amounts of different kinds of gases are evolved, which are very inimical to life. The objects to be attained by ventilation are, therefore, two-fold: First, to maintain a sufficient supply of oxygen, and Second, to carry off the poisonous gases which have accumulated.

The one impurity in the atmosphere to which our attention should be directed, is

Carbonic Acid Gas.

Compared with this, other impurities which are apt to affect the atmosphere of a room are insignificant.

The causes producing this poisonous gas are various. First, in respiration large quantities are given off from the lungs in exchange for the ox-

ygen taken in. Second, exhalations from the skin. Third, candles, lamps and gas jets consume large quantities of oxygen, and give off carbonic-acid gas, and, Fourth, our fires for warming and cooking use much oxygen, but if the draft be good and the combustion perfect, the deleterious gases are carried off with the smoke, and hence will hardly come in as a gas producing element.

The general impression has been that carbonic-acid gas is lighter than the atmosphere of the room and therefore rises to the ceiling. Just the opposite of this is the truth. It is one-half heavier. That is, a cubic foot of carbonic-acid gas weighs one-half more than a cubic foot of atmospheric air. Of course the force of gravitation will carry it to the lower part of the room. This may be proved if a person is curious enough to try the experiment, by shutting himself into a small bedroom, placing two candles in the room, one on the floor, and one near the ceiling. In the morning the candle near the floor will be burning very dimly, if not entirely extinguished, as carbonic-acid gas will not support combustion, while the candle near the ceiling will be burning as brightly as ever.

Ceiling ventilation is therefore entirely inadequate to remove this gas from the room. The gas must be taken where it is, from the lower part of the room, and all other modes will not accomplish the desired result.

From the foregoing we can now see that the old-fashioned fire-place was the best ventilator ever invented. But as the cost of fuel renders

this impracticable in most localities, we must endeavor to find some other method. A flue with a register opening near the floor is the next best thing. But here we meet with one difficulty. In order to make the impure air ascend through this flue, a draught must be established. To effect this, gravitation must be brought to bear. For instance, if the air in the flue is of the same weight as the same volume of air on the outside of the house, there will be an exact balance, and no draught. But if the air in the flue can by some means be made lighter than the air on the outside, it will be pushed out by the heavier air crowding up the lighter, on the same principle that a piece of cork will rise to the top of water, or that a balloon will ascend when filled with gas lighter than the surrounding air.

By returning to the fire-place, we can see how admirably this was accomplished. The fire heated the air in the chimney, thereby rendering it lighter than the outside air. The colder and heavier air near the floor, which rushed in to displace the lighter, warm air of the room, was in its turn heated and expelled, thus creating a draught which effectually cleared the room of impurities.

Let us apply the same principle to the flue. By some means raise the temperature of the air in the flue higher than the outside air, and you have employed a force which will make a continual draught. This may be done by applying heat at the bottom of the flue directly, as in the case of the fire-place, or by bringing it in contact with, or surrounding, the chimney. The heat con-

veyed from the chimney where there is a fire, to the flue, will be sufficient to rid the room of irrespirable gases.

But where a constant amount of atmosphere is being removed from the room a new supply must be introduced to take its place. Otherwise all our efforts to remove impure air will be futile.

The objections to the introduction of fresh air through windows during the cold season of the year are that an unpleasant draught of cold air will be created, and, as cold air is heavier than warm air, it will necessarily fall to the floor, producing a stratum of cold air around the feet while our heads are bathed in heated air, thus violating the old maxim, "Keep your feet warm and your head cool."

If, by some means, the fresh air, as it is brought into the room, could be warmed to the temperature of the room, this would be avoided. If the fresh air should be carried under the floor, and be first brought in contact with the stove, and warmed, it would then be of the same specific gravity as the air in the room, and will diffuse itself throughout the room, and thus prevent the stratum of cold air near the floor, and so obviate much of the suffering from cold feet and hot heads which is the result of the present plan of introducing cold air.

In the use of the furnace this difficulty is overcome. The air from the outside is passed over the heater and warmed before reaching the room. But great care should be taken to have the source of air pure, and to have sufficient quantity passed

in to take the place of impure air passed out through the flue.

Much objection has been raised to the use of both furnaces and stoves upon the ground that they burn out the moisture from the air. This is not the case in reality; but the effect produced is the same as though it were true. It is argued that the moisture being burned out of the atmosphere, it would absorb moisture from the lungs and throat of the person breathing it, leaving the throat and lungs parched and dry; and from the skin, drying up the moisture which always exists to a greater or less amount all over the surface of the body, leaving that also parched, dry, and unnatural, and thus making the whole person susceptible to colds, and throat and lung difficulties.

This difficulty is easily remedied by permitting the heated air of the furnace to pass over a surface of heated water, and by having some arrangement connected with the stove to contain water which will be warmed by the stove and open to the air of the room.

In many houses window ventilation is the only recourse. In this case, the best way is to lower the window from the top and raise it from the bottom. We have seen an arrangement to shut into the window which admitted the air through small apertures covered with wire cloth, which prevented a disagreeable draught.

By whatever method a room is ventilated, it should be thrown open every day and thoroughly aired.

Appliances for Heating and Ventilation.

The principles of heating and ventilation are simple, although the appliances are various. Usually the only provisions made are the air-tight stove for heating, and the direct draft of air from the windows for ventilating. In this matter we have not improved upon the methods of our forefathers, for it is conceded that with the open fire-place to draw up the impure air, and plenty of openings where pure air could enter, their facilities for ventilation were almost perfect. Modern improvements have made almost air-tight houses and air-tight stoves, and now nature demands that art improve the methods of warming and ventilating.

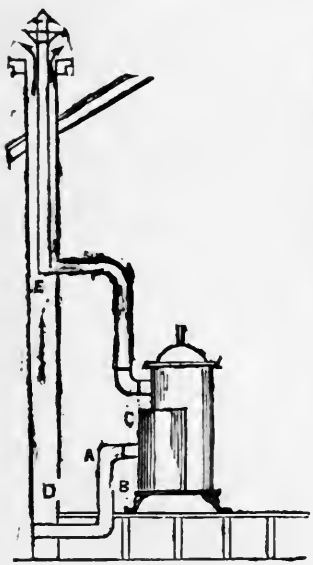


FIG. 1.

Many plans have been advocated from time to time, but their complication and expense have prevented their general adoption. The objects to be attained are, First, to take from the room the impure air lying near the floor, where, as seen in previous pages, the poisonous gases settle. Second, to introduce pure air in such a manner that it shall not create a draft, or settle near the floor in a cold volume to chill the feet and limbs.

The lightness of heated air, which causes it to rise, can be utilized in accomplishing this result. Fig. 1 represents perhaps the simplest

method ever advocated. The stove pipe enters the chimney at E, and runs the whole length of the chimney. The heated smoke passing through this pipe heats the air in the chimney, which, becoming lighter, passes out at the top as indicated by the darts, and is replaced by air from the floor of the room passing in at D. By making one large chimney in the centre of the house, and throwing the smoke of all the stoves into the pipe in its centre, a draft of great power can be obtained for the ventilating flue, and by making openings near the floor in all the rooms through which the flue passes, the deleterious gases can be carried off.

FIG. 2.

To introduce fresh air from the outside, it is brought in through the pipe A, and discharged into the sheet-iron drum C, thus bringing the fresh air in direct contact with the stove, which heats it before it passes into the room. The opening in the fresh air pipe B, is closed with a damper when the air is coming from the outside. This can be opened into the room, thus shutting off the supply of air from the outside. This may be done when first building a fire, and before the room is warmed.

Fig. 2 represents another plan which accomplishes the same result without the use of the special ventilating flue. It is an open ventilating stove, called "The Fire on the Hearth," which

may be placed anywhere in the room. The open front near the floor takes up the impure air as did the open fire-place of our forefathers, while pure air from the outside is introduced at the bottom, passes around the fire, and out into the room from the top. The only objection to be urged to this is the extra cost of fuel where it is expensive.

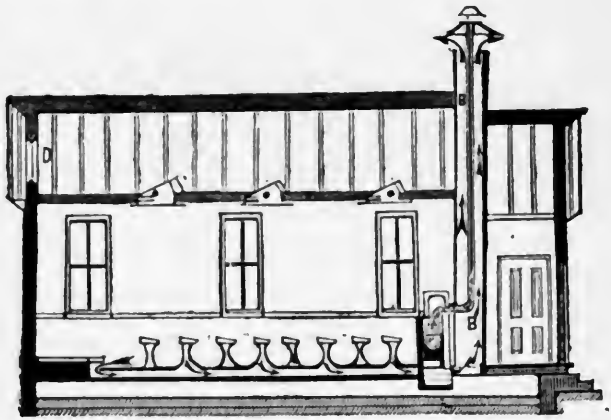


FIG. 3.

Fig. 3 shows a longitudinal section of a plan by Mr. A. C. Martin, of Boston, for heating and ventilating a small school-house. "The heater is an encased stove, by which the fresh air for ventilation, which enters beneath it from the outside, is warmed and discharged into the room above the heads of the pupils. The foul air is drawn out of the room through numerous hooded apertures in the floor, which open into four ducts beneath the floor, only one of which can be seen in the figure. The ducts lead to a ventilating-chimney B, which is kept warm by the smoke-pipe of the stove passing upward inside the chimney. A small stove

may be placed in the chimney for summer ventilation. Cold-air inlets are provided at the ceiling to temper the air of the room when it is too warm, and to furnish additional fresh air. Horizontal reflectors under these openings direct the currents of air along the ceiling."

To have perfect ventilation, we must look to the houses yet to be built, and we urge upon everyone intending to build a due consideration of the subject of ventilation before placing his plan in the hands of the builder.

The following article clipped from the *Youth's Companion* of April, 1884, from the pen of Prof. R. Ogden Doremus is so much to the point in this connection that we append it entire:—

Poisonous Gases in Our Homes.

"The tardy discovery of the properties of gases is most remarkable.

"In olden times, when men descended into certain caves of the earth, their torches were extinguished and they themselves were strangled to death. In other caverns the lights caused terrific explosions, which too often proved fatal to the intruders, and hence there existed a belief that ghosts or hobgoblins inhabited subterranean places to protect and preserve the metal and gems hidden in the earth.

"Three centuries were required for the acquirement of an accurate knowledge of the physical and chemical properties of the gas with which almost every school-boy now amuses himself, viz., hydrogen.

"Oxygen, the most distinguished of all the gases, eluded the intellectual vigilance of man until within a few hundred years, though it is the element which outweighs all the others in our planet; the one which has acted the most distinguished role not only in the drama of life, but even in the earliest epochs of our world's history, before plant or animal existences adorned the surface of the globe. It has been, and still is, the high archangel of the Almighty, the spirit of spirits, the vital air, the oxygen of Priestly, Lavoisier and Scheele.

"Even now, when we possess a knowledge of those gases, the public are neglectful of the obvious lesson which can be derived from it.

"When carbon is burned we know that two unwholesome products result,—carbonic acid and carbonic oxide gases, or carbon dioxide and carbon monoxide.

"Every candle, lamp, or gas-jet that burnes produces this injurious gas and abstracts oxygen from the air of our rooms. Every large gas-burner consumes as much oxygen, and discharges as much carbonic acid gas per hour as ten persons of average weight would do in breathing.

"When gala night tempts us to increase the number of burning jets, let us therefore remember the inevitable result.

"How astonished we should be if our fashionable salons were heated during the winter season by a hard coal fire in the center of the room, with no device for the removal of the most prominent product of combustion, the carbonic acid gas. Yet such is our nightly practice when we light

our gas-jets and lamps; and our places of public resort, with but few exceptions, afford us the same unwholesome pabulum for respiration.

"In the 'Black Hole of Calcutta' one hundred and forty-six persons were confined in a room of eighteen cubical feet. There were two small windows on one side with iron gratings. The unfortunates were driven into this confined space at eight o'clock in the evening. By six o'clock the next morning all but three had suffocated, and most of the remainder died soon after of putrid fever.

"They were not only deprived of the oxygen, which forms only one-fifth of the volume of the air, but were forced to inhale the carbonic acid and other exhalations from the lungs and skin.

"How gladly we should hail and hasten the introduction of the incandescent electric light in our homes, lecture halls and churches! The filaments of carbon which glow so intensely under the electric stimulus are encased in glass, and must be shut out from access of air. The transparent spheres are thoroughly exhausted, and with the greatest care, for the smallest amount of oxygen would be destructive to them. With these we may enjoy light without diminishing the vital air of our apartments, and without the introduction of any impurity.

"There are two popular prejudices antagonistic to the introduction of the electric light; its cost and exceeding brilliancy. But even God's light is too bright to gaze at with unprotected eye, and He has so placed it that our organs of vision are

shaded by our eyebrows and eyelashes. Thus w have a lesson as to the location of our brilliant lights; that they should be above our heads, for even the candle flame is painful to read by, if on a level with the eyes.

"If anthracite coal is burnt in a furnace, where the supply of air to the surface of the fire is limited, the carbonic oxide passes up unburned. We frequently see the blue flame of this gas on the top of the chimneys of great factories, and on the top of the smoke-stack of steamboats. Sometimes this beautiful flame is many feet in length, and thus the fuel is not consumed most advantageously.

"A company in New York is manufacturing an Argand boiler, where the combustion is complete, and neither smoke nor carbonic oxide is discharged. The draft is produced by an aspirator, instead of a long chimney, and a quarter of the fuel is thus saved.

"In the future we will probably see factories in full blast without smoke issuing from their chimneys; locomotives without smoke-stacks and ocean steamers without the miles of black smoke which now trace their course across the seas. But alas! the house furnace is not yet constructed to secure this complete combustion of fuel.

"The two gases, carbonic acid and carbonic oxide, are injurious when inhaled in certain proportions and fatal in larger quantities.

"That animals may recover from a brief inhalation of the carbonic acid gas, is constantly shown to visitors at the Grotto del Cane, near Naples.

"A poor canine victim to human avarice is most

unwillingly dragged into the cave to breathe the gas which incessantly wells up from volcanic depths, and after he has succumbed to its overwhelming influence, is tossed out to the fresh air, to be revived for the next visitors. The wretched dog is thus forced to die daily, sometimes hourly.

"Between a circle of high mountains in Java is a locality strewn with the bones of animals and birds, relics of animation lost when the unknown creatures ventured into this valley and were unable to escape from the baneful influence of this poisonous gas. They literally 'descend into the valley of the shadow of death.'

"No well can be dug, even to a slight depth, without accumulating some of this gas, which is frequently fatal to the workmen.

"If a pigeon is placed in a jar of carbonic oxide gas, it dies almost as speedily as if forced to inhale the vapor of the strongest prussic or hydrocyanic acid. The gas has also proved instantaneously fatal to human life, when breathed in a pure state, and when diluted it produces many and varied disturbances of the system, such as headache, dizziness, nausea, etc.

"We not only generate hundreds of cubic feet of the deleterious carbonic acid each night our lamps and gas-jets are lighted, but during the whole twenty-four hours while furnaces are active, we generate this gas and its more potent associate, carbonic oxide. We imagine that they are delivered by the chimney into the outer air. But instead of this they escape through the porous

packing of clay, plaster or cement used in connecting the iron pipes with the furnace.

"Although we congratulate ourselves in the fall that the furnace has been re-packed, we should reflect that the iron expands when heated and contracts when cooled. Therefore when the first bushel of coal is burnt within the furnace, the metalic part expands, while at the same time the cement shrinks. Leaks are thus established during the first hour of its use. As the furnace cools, the metal contracts; and still more so, if during a warm wave of weather, we are obliged to suppress its activity, or withdraw its fuel entirely.

"If the hydrogen gas of the toy-balloon will escape through its india-rubber envelope, so that shortly after its purchase it fails to float in the air, we can comprehend how carbonic acid and carbonic oxide gases may pass through the porous packing, and even through the cast-iron furnace when red-hot.

"Neither carbonic acid nor carbonic oxide can be detected by the sense of smell. This renders them the more dangerous, for they insidiously mingle with the air in our homes. We introduce them through the lungs and skin to the innermost parts of our bodies. Here they accomplish their fell purposes. It is not, as physicians might term it, by *acute* poisoning, but *chronic* poisoning—a slow and gradual undermining of the health.

"These gases also pass through the mason-work of our chimneys, and through flooring into our parlors and sleeping rooms. Both my assistant and myself suffered when we stood or sat behind

the long table for experiments in the chemical lecture-room of the College of the City of New York. One of the furnaces was under this locality.

"On several occasions we analyzed the air which came up through the cracks and crevices in the floor, and found both the carbonic acid and carbonic oxide gases, the latter varying from two to three per cent.

"As carbonic-acid gas is less poisonous than the carbonic oxide, it would be more wholesome if the combustion of the fuel were perfected. Attempts have been made to accomplish this, by allowing a small quantity of air to enter through an aperture in the iron door of the furnace and to flow over the surface of the fire. The success is but partial.

"Heating by the circulation of hot water, or steam, through pipes, if the furnace is outside of the building warmed, will effectively exorcise these evil gases.

"We also commend the open fire-place, where the dismembered trees of the forest, or the blackened and mummied remains of acient plant-life, may be sacrificed for our comfort and delight. Here we witness their transmutation chiefly into the 'gas carbonum' of Van Helmont, one of the very spirits from which they were evolved, by the mystic power of the Arch Magician, the Sun!"

DRAINING AND SEWERAGE.

MUCH of the typhoid, malarial and other disorders may be attributed directly to incomplete and improper drainage. Medical science teaches us that both air and water carry disease germs from barn yards, cess-pools, privies, hen-coops and stagnant pools of water. It is, therefore, of the utmost importance that due attention be given to the

Proper Location of Our Houses.

In selecting a site for building, be sure that the "lay of the land" will permit good drainage. A natural elevation, though slight, which will carry off all surface water from the house, is best. Avoid building in a locality where pools of water naturally remain for days after each rain, to become the prolific source of malarial poison. Barns, hen-coops, privies and cess-pools, should be located at a safe distance from the house, and if possible on land sloping away from it, so that all liquids would

naturally float from, instead of toward, the house.

Sunlight is also a very important requisite to a healthful home. Shade trees and trailing vines should not be allowed to so encroach as to prevent the free entrance of sunlight to every nook and corner. Rooms, particularly sleeping rooms, should be located with especial reference to the free introduction of sunlight and air.

Cellars

Are frequently a fruitful source of disease. The house is often located so close to the ground that the rooms immediately over the cellar are always damp because of the latter being illy ventilated, mouldy, and of necessity a formidable factor in furnishing elements fostering disease. Add to this the presence of decaying vegetables, sprouting potatoes and rotting fruit, and you have an aggregation of causes, which, in its deleterious effects on the human organism, it is impossible to estimate. Whole families are sick and "miserable" each spring, and wonder "what ails them," when, if they would clean out their cellars, ventilate them thoroughly and whitewash the walls, all their difficulties would disappear.

The cellar should have at least eighteen inches of its wall above the ground, with windows on all sides, so as to allow a free circulation of air. The ground should slope away from the house on all sides so that no surface water can find entrance to the cellar, which should be kept perfectly dry. The walls and ceiling should be whitewashed two or three times a year.

The contents of the cellar should always be kept clean and sweet. Decaying vegetables should be removed and buried at once. It is as bad to have them in your cellar as in the house. Its sides should be of stone and not of wood; as decayed wood is as bad as decomposed vegetables.

Cesspools.

In localities where there are no sewers to carry off slops and sink water, it is well to prepare a cesspool, if proper precautions are taken to prevent the filthy gases from entering the house. The cesspool should be located at some distance from the house, in ground lower than that on which the house stands, if possible, and should be provided with a ventilating shaft from four to six inches in diameter, and high enough to carry the gases above the height of any of the windows in the house. The drain pipe, as it leaves the house, should be provided with what is known as an S trap, which should be located so as to always hold enough water to close the pipe from the return of gases.

A few crystals of copperas kept constantly in the sink, is a good precaution against bad odors. Another excellent precautionary measure is to pour into the sink, once a week, a gallon of water in which a pound of copperas has been dissolved.

The cesspool should be thoroughly cleaned out once a year or a new one made.

Barn-yards and Out-houses

Should always be located at a safe distance from the house, and far away from cistern and well.

Pig-pens, hen-coops, barn-yards and privies are all sources of contamination, and should never be clustered around the dwelling. All accumulations of filth should be removed, from time to time, and such disinfectants employed as will neutralize any noxious vapors that may arise.

Many plans have been devised to prevent the privy from becoming a disease-producing element. The vault is perhaps the worst contrivance of all. But if employed, the seats should be provided with tight-fitting covers, and a ventilating chimney should extend from the vault to some distance above the roof. Lime, ashes and dust should be be used freely. And yet in spite of all precautionary measures, the deep vault is absolutely dangerous. The decaying mass of impurity which continually accumulates, can, in many cases, account for the terrible cases of typhoid fever which seem so mysterious as to their origin.

Probably the best plan is to use large sheet-iron pails, to which dust may be added as they are filled. If several neighbors would club together and hire some one to remove them once a week, the expense would be light. In the winter time a shallow excavation might be made and used instead of the pails, provided it were well cleared out when spring approaches. It is worth while to spare some time and expense on matters of such vital importance to life and health.

Piles of garbage should never be allowed to accumulate in the yard, as poisonous gases are sure to be evolved in their decomposition. It is best to bury them safely.

Poisoning and Drowning.

BY prompt and intelligent effort in cases of accident, many lives might be saved that are now lost. In treating the subject of drowning, we quote in full a paper prepared by the committee on accidents of the Michigan State Board of Health. The rules of treatment are concise, and will be found efficient.

To Resuscitate the Drowning.

"RULE 1.—*Remove all Obstructions to Breathing.* Instantly loosen or cut apart all neck and waist bands; turn the patient on his face, with the head down hill; stand astride the hips with your face toward his head, and, locking your fingers together under his belly, raise the body as high as you can without lifting the forehead off the ground, and give the body a smart jerk to remove the mucus from the throat and water from the windpipe; hold the body suspended long enough to slowly count *one*, *two*, *three*, *four*, *five*, repeating the jerk more gently two or three times.

"RULE 2.—Place the patient face downward, and maintaining all the while your position astride the body, grasp the points of the shoulders by the clothing, or if the body is naked, thrust your fingers into the armpits, clasping your thumbs over

the points of the shoulders, and *raise the chest as high as you can* without lifting the head quite off the ground, and hold it long enough to *slowly* count *one*, *two*, *three*. Replace him on the ground, with his forehead on his flexed arm, the neck straightened out, and the mouth and nose free. Place your elbows against your knees, and your hands upon the sides of his chest *over the lower ribs, and press downward and inward with increasing force* long enough to slowly count *one*, *two*. Then suddenly let go, grasp the shoulders as before and raise the chest; then press upon the ribs, etc. These alternate movements should be repeated ten to fifteen times a minute for an hour at least, unless breathing is restored sooner. Use the same regularity as in natural breathing.

"RULE 3.—After breathing has commenced, *restore the animal heat*. Wrap him in warm blankets, apply bottles of hot water, hot bricks, or anything to restore heat. *Warm the head nearly as fast as the body, lest convulsions come on.* Rubbing the body with warm cloths or the hand, and slapping the fleshy parts, may assist to restore warmth, and the breathing also. If the patient can *surely* swallow, give hot coffee, tea, milk, or a little hot sling. Give spirits sparingly, lest they produce depression. Place the patient in a warm bed, and give him plenty of fresh air; keep him quiet.

"*Avoid delay. A moment* may turn the scale for life or death. Dry ground, shelter, warmth, stimulants, etc., at this moment are nothing,—*ar-*

tificial breathing is everything: it is the *one remedy*,—all others are secondary.

"*Do not stop to remove wet clothing before efforts are made to restore breathing.* Precious time is wasted, and the patient may be fatally chilled by exposure of the naked body, even in summer. Give all your attention and effort to restore breathing by forcing air into, and out of, the lungs. If the breathing has just ceased, a smart slap on the face, or a vigorous twist of the hair will sometimes start it again, and may be tried incidentally, as may, also, pressing the finger upon the root of the tongue.

"Before natural breathing is fully restored, do not let the patient lie on his back unless some person holds the tongue forward. The tongue by falling back may close the windpipe and cause fatal choking.

"If several persons are present, one may hold the head steady, keeping the neck nearly straight; others may remove wet clothing, replacing, at once, clothing which is dry and warm; they may also chafe the limbs, and thus promote the circulation.

"*Prevent friends from crowding around the patient and excluding fresh air;* also from trying to give stimulants before the patient can swallow. The first, causes suffocation; the second, fatal choking.

"*Do not give up too soon.* You are working for life. Any time within two hours you may be on the very threshold of success without there being any sign of it."

The method employed by the U. S. Life-Saving Service is as follows: "The patient, upon being taken from the water, is turned upon his face, a large bundle of tightly rolled clothing is placed beneath the stomach, and the operator presses heavily upon his back over the bundle for half a minute, or as long as fluid flows freely from his mouth.

"The mouth and throat are then cleared of mucus by introducing into the throat the end of a handkerchief wrapped closely around the fore-finger, the patient is turned upon his back, under which the roll of clothing is placed so as to raise the pit of the stomach above the level of any part of the body. If an assistant is present, he holds the tip of the patient's tongue, with a piece of dry cloth, out of one corner of the mouth, which prevents the tongue from falling back and choking the entrance to the windpipe, and with his other hand grasps the patient's wrists and keeps the arms stretched over the head which increases the prominence of the ribs, and tends to enlarge the chest. The operator then kneels astride the patient's hips and presses both hands below the pit of the stomach, with the balls of the thumb resting on each side of it and the fingers between the short ribs, so as to get a good grasp of the waist. He then throws his weight forward on his hands, squeezing the waist between them with a strong pressure, while he counts slowly *one*, *two*, *three*, and, with a final push, lets go, which springs him back to his first kneeling position."

Sylvester's Method.

After clearing the mouth of dirt and saliva, and drawing the tongue forward, the patient is laid upon the back with the sholders and head slightly raised. The operator then kneels behind his head, grasps the arms just above the elbows, and draws them steadily upward until they meet above the head. By this means, the ribs are elevated, and inspiration is produced. The arms are then brought down to the sides of the chest, the ribs being compressed against the chest, so as to produce expiration. These movements are to be repeated twelve to sixteen times a minute.

"The application of electricity, and the use of alternative hot and cold applications to the spine, are of service in cases in which they can be used efficiently; but they should not be allowed to interfere with artificial respiration, which is the most important of all measures. In suffocation, choking, strangling, hanging, and whenever respiration is suspended by any cause whatever, the methods of artificial respiration from the use of chloroform or any anæsthetic, the head should be placed lower than other parts of the body, so as to favor the circulation of the blood in the brain. In fact, standing the patient upon the head, is of almost as much importance as artificial respiration.

Lightning-Stroke.

Suspended respiration in consequence of lightning-stroke, also calls for the application of artificial respiration. Any one of the methods above described may be employed. Burns, fractures of

the bones, paralysis, and various other injuries which result by injury from lightning, should be treated as when produced by other causes.

Freezing.

"Parts which have been frozen should not be thawed too quickly, as more harm will be done by the rapid thawing than by the freezing. If a person has been exposed to the cold so long that considerable portions of the body are frozen, he should be carefully kept away from the fire or a very warm room, being first brought into a room of quite low temperature, where the frozen parts should be rubbed with melted snow or very cold water, until they become pliable. The temperature of the room should be gradually raised, as the parts are thawed. Sometimes it is necessary to continue rubbing for several hours before the interrupted circulation is restored. After this has been accomplished the parts should be annointed with sweet oil or vaseline. By this course much of the injury, which generally results from freezing, may be avoided

"If ulceration takes place, the sore should be treated as directed for burns.

"If a person finds himself in danger of freezing, through exposure in the open country in very cold weather, he should resolutely resist the drowsiness which will come over him, and keep moving until the last. If a piercing wind is blowing, he should take shelter in some hollow in which there may be an accumulation of snow. The snow itself is not a bad protector from the cold, so that

a person would be much safer in a snow-bank than when exposed to the wind.

Clothes on Fire.

A little presence of mind at the moment when clothing takes fire, will generally prevent the frightful burns, often followed by fatal consequences, which occur by the clothing taking fire. On the occurrence of this accident, from whatever cause, the individuul should at once envelop himself in a blanket, cloak, shawl, carpet, rug, or any other article by means of which the flames may be smothered. Fire can not burn without air. By depriving the fire of oxygen, the flames may be speedily extinguished.

Swallowing Foreign Bodies.

"Small coins, buttons, and other round objects generally create no very great disturbance if they reach the stomach, as they generally do. Much unnecessary alarm is often felt when articles of this kind have been swallowed. It is well to remember, in these cases, the ingenious remark of an eminent physician, to a mother who was much troubled because her son had swallowed a quarter. He assured her that she need have no fears if she was sure the quarter was a good one, for good quarters would always pass. Pins and needles swallowed often find their way to the surface of the body after working through the tissues, sometimes for months and even years. Angular bodies sometimes do considerable harm, not only during the act of swallowing, by laceration of the gullet, but after reaching the stomach, in passing

through this organ to the intestines. In order to obviate, as much as possible, the danger of injury from objects swallowed, the patient should be directed to eat freely of rather coarse vegetables, so as to distend the stomach and bowels.

Choking.

"Sometimes portions of food, or foreign bodies of various sorts, become lodged in the throat in such a way as to produce interference with respiration by choking. The head should be held low, and an effort should be made to remove the obstruction with the finger. The advice 'to go down on all fours and cough' is excellent. The plan usually followed by mothers in case of choking in children, holding the head down, and striking the back vigorously, is a good one. Pressing upon the Adam's apple, will sometimes cause an obstruction to be expelled. When a body becomes lodged in the gullet, much difficulty is sometimes experienced in dislodging it. It is sometimes necessary to pass an instrument down the throat for that purpose. What is known as the bristle probang is the best instrument for this purpose.

"Very small fish-bones can usually be dislodged from the throat by swallowing some rather hard food, as crackers or a crust of bread coarsely chewed; but when larger bones are caught in the throat, no attempt should be made to push them down, as is often done. They should be removed from above by a surgeon.

Dirt in the Eye.

"Dirt on the eye would be a more proper expression, as foreign bodies lodged upon the surface of the eyeball, or beneath the lids, are not really in the eye, but upon it. Although they sometimes cause serious mischief, as well as much pain and inconvenience, they are by no means so dangerous as foreign bodies lodged *in* the eye, or within the eyeball. Particles of sand, dust, or other substances in the eye, may be very easily removed by the corner of a handkerchief, or by drawing the upper lid away from the eye, and gently stroking over it in a downward direction. Violent blowing of the nose, with the eyes tightly shut, will often suffice to remove particles which are not imbedded in the mucous membrane. Little bodies known as eye-stones, obtained from certain mollusks, have no specific virtue, although they are often used for the purpose of removing dirt from the eye. Flaxseed is often employed for the same purpose. The way in which these objects operate is by producing a profuse flow of tears, which carries away the obstruction. They are not to be recommended. When particles of iron, cinders, or other foreign substances are imbedded in the mucous membrane, some blunt instrument may generally suffice to effect a removal, unless the cornea is the part involved. When the part is imbedded in the cornea, care should be used in attempting to dislodge it, that it is not pushed farther into the tissues. Such particles may generally be dislodged in the following manner: Let the patient hold the eye perfectly still, while the

operator passes back and forth before the cornea, and over the object, a knife with a sharp, smooth blade, gradually approaching nearer to the surface, until finally the foreign body is removed. When this is skillfully done, the eye may not be touched at all, as the foreign body generally protrudes a little above the membrane. If the particle is imbedded in the eye so deeply that it cannot be removed by any of the means described, a surgeon should be at once consulted, as much injury may result if the obstruction is not speedily removed.

Lime in the Eye.

"The intense burning of lime, or other caustics in the eye, is speedily relieved by the application of a little diluted vinegar or lemon juice. The eye should also be thoroughly washed. Water should be first applied, as it is generally most convenient. A solution of sugar is also recommended for neutralizing lime, as it combines with it to form saccharate of lime.

Foreign Bodies in the Ear.

"Small objects, and sometimes insects, are frequently gotten into the ear. In some instances, flies have been known to deposit their eggs in the ear, which in due time were hatched into a numerous progeny of grubs. In attempting to remove objects from the ear, great care should be taken that more harm than good is not done. By far the best of all measures for this purpose is gently syringing the ear with tepid water. The head should be bent to one side, and by means of

the fountain syringe, elevated to a sufficient height to give a moderate force, a stream of water should be directed into the ear for some minutes. In nearly every instance the foreign substance will be removed. If the foreign body is an insect, a little glycerine may be introduced into the ear with a camel's hair brush, or a feather. If these measures do not succeed, a loop of fine wire or horse hair may often be employed with success.

Foreign Bodies in the Nose.

"Foreign bodies introduced into the nose, if not crowded too far up by injudicious attempts at removal, may generally be quite readily removed by forcibly blowing the nose, the mouth and the unobstructed nostril being tightly closed. Another plan is to blow the patient's nose for him by closing the empty nostril with the finger, and then blowing suddenly and strongly into the mouth. The glottis closes spasmodically, and the whole force of the breath goes to expel the button or bean, which commonly flies out at the first effort. This plan has the great advantage of exciting no terror in children, and of being capable of being at once employed, before delay has given rise to swelling and impaction. Sometimes the obstruction can be expelled by exciting sneezing. Care should be taken to avoid crowding the object further in. A loop of wire, or blunt hook, may in some cases be successfully used. A hair-pin answers very well for this purpose. The loop end should be first employed, and if this does not answer the purpose, one of the other ends should be

slightly bent in the form of a hook. A hair-pin may be used, as a pair of pincers, in the absence of a better instrument. If the object is not tightly imbedded, or if it is of a soluble character, it may be washed out, making the water from a syringe pass up the unobstructed nostril and out at the one containing the foreign body, or by use of the post-nasal douche.

Accidental Poisoning.

"The human race is exposed to danger, from poisoning, on every hand. These enemies to life are not only produced in the various arts in which man is engaged, but are produced in profusion, by nature, under various circumstances, and often under such specious guises as to render the most constant vigilance necessary to avoid injury. The Materia Medica also affords a long list of poisons, many of which are the most rapidly fatal of any known. Thus man is surrounded on every hand with danger to life from either direct or indirect poisoning, in addition to all the various other causes of disease to which he is liable.

"In the strictest sense, a poison is any substance, which, when received into the body, occasions morbid action or disorders of the vital functions, since anything may become a poison if taken in sufficient quantity, as a person may be made sick by overeating, even of the most wholesome food. The general usage of the term, however, confines its application to such substances as when received

into the body are capable of producing death or severe illness. An antidote is some substance capable of neutralizing, or favorably modifying, the injurious effects of the poison upon the system.

General Treatment for Poisoning.

"Whatever treatment is employed should be applied with the utmost promptness and thoroughness. As a general rule, the first thing to be thought of is an emetic. A teaspoonful of ground mustard, or an equal quanity of powdered alum in a goblet of warm water, generally acts with promptness. If neither alum nor mustard is at hand, a teaspoonful of salt may be taken in the same way, or tepid water, alone, may be employed, and if taken rapidly and in sufficient quantity, vomiting will be very likely to occur. In case it is not produced promptly, the throat should be tickled with the finger or a feather. An eminent physician has recommended the following as a general antidote for poisons. It renders insoluble such poisons as zinc, arsenic, digitalis, etc., and so makes them inert. A saturated solution of sulphate of iron, two ounces; calcined magnesia, two ounces; washed animal charcoal, or bone-black, one ounce. The iron solution should be kept in one bottle, and the calcined magnesia and charcoal in another. When wanted for use, add the contents of the two bottles to a pint of water, shake thoroughly, and take from three to six tablespoonfuls.

Specific Treatment in Case of Poisoning.

"Nearly all cases of poisoning may be successfully treated by means of some one of the following methods, the particular application of which is pointed out in the alphabetical list of poisons which follows them:—

METHOD ONE.

"Give the patient at once a teaspoonful of ground mustard or powdered alum in a glass of warm (not hot) water, giving afterward several glasses of warm water. If vomiting is not quickly produced, tickle the throat with the finger or with a feather. Repeat the vomiting until certain that the stomach is completely empty. If the poison is of an irritating character, give milk or white of egg after vomiting.

METHOD TWO.

ALKALIES.

"Give two or three tablespoonfuls of vinegar in half a glass of water, or the juice of two or three lemons, then give three or four tablespoonfuls of olive oil and a large draught of milk. Do not give emetics nor use the stomach-pump. Ammonia, a volatile alkali, when inhaled, should be antidoted by the inhalation of the vapor of hot vinegar by means of a vapor inhaler or an ordinary tea-pot.

METHOD THREE.

ACIDS.

"Give a teaspoonful of baking soda in a glass of milk or water. In the absence of soda, give a teaspoonful of soft soap or an equal quanity of

shaved hard soap, magnesia, or chalk. Give white of egg and plenty of milk; but do not use emetics or the stomach-pump.

METHOD FOUR.

METALLIC POISONS.

"Give white of egg, either clear or stirred in a little cold water, and a mustard or alum emetic. After patient has vomited freely, give plenty of milk or white of egg, or a thin mixture of wheat flour and milk. Do not wait to get the egg if it is not convenient, but give emetic at once and egg afterward.

METHOD FIVE.

NARCOTIC POISONS.

"Give two or three tablespoonfuls of powdered charcoal. If a supply is not ready at hand, take a coal from a wood fire, quench it, fold in a towel and crush as fine as possible with a hammer or mallet. Next apply Method 1, or excite vomiting while the charcoal is being prepared. After the patient vomits, give charcoal again freely. It will do no harm in almost any quantity. Apply ammonia to the nostrils, give strong tea or coffee, and make alternate hot and cold applications to the spine. Also apply friction to the surface, and arouse the patient by walking him about, if possible. When the respiration becomes very weak, artificial respiration should be resorted to.

METHOD SIX.

COMPOUNDS OF ARSENIC.

"Apply Method 1 and soon as possible give the sediment, or precipitate, obtained by addign

ammonia or soda, to tincture of muriate of iron. The precipitate should be thrown on a towel and rinsed with clean water two or three times. The tincture of iron can be obtained at any drug-store, and should always be kept in the house whenever arsenic in any form is kept. It is well to give milk and white of egg freely after the patient vomits

METHOD SEVEN.

"Apply Method 1, then give strong tea or decoction of oak bark, or infusion of tannin.

METHOD EIGHT.

"Pour cold water on the head, make alternate hot and cold applications to the spine, and resort to artificial respiration. Hot fomentations over the heart are useful to excite this organ to increased activity when it is flagging. Artificial warmth, friction to the surface, and the inhalation of ammonia are also useful measures. In case of asphyxia from anæsthetics, the patient should be held with the head downward while artificial respiration is being practiced.

METHOD NINE.

"Apply Method 1, then make cold applications to the head, hot and cold applications to the spine, and surround the patient with hot bottles or hot water bags, or administer a hot bath or a hot blanket pack. Apply a hot fomentation over the heart. Make the patient drink copiously of hot drink of some kind.

Poisons and their Antidotes.

NAME OF POISON.	ANTIDOTE AND TREATMENT.	NAME OF POISON.	ANTIDOTE AND TREATMENT.
Acid, Acetic	Method 3.	Carbonic Acid Gas	Method 8.
Acid, Muriatic or Hydrochloric	Method 3.	Carbonic Oxide Gas	Method 8.
Acid, Nitric	Method 3.	Castor Oil Seeds	Method 5.
Acid, Sulphuric	Method 3.	Coal Gas	Method 8.
Acid, Hydrocyanic or Prussic	Method 8 and inhalation of ammonia and chlorine from moist chlorine of lime.	Chlorine Gas	Method 8 and inhalation of ammonia, ether or alcohol, and steam.
Acid, Citric	Method 3.	Caustics (See Acids and Alkalies.)	
Acid, Oxalic	Method 3. Give also powdered chalk or plaster, sweetened lime-water and milk.	Chloral	Method 5, artificial respiration with head down.
Acid, Arsenious	Method 6.	Chloroform	Method 5, artificial respiration with head down.
Acid, Carbolic	Method 3.	Chloride of Iron	Method 1, magnesia, plenty of tea.
Aconite	Method 5.	Chromium	Method 1, magnesia or chalk in milk, white of egg.
Alcohol	Method 5.	Cocculus Indicus	Method 5.
Aloes	Method 1.	Colchicum	Method 5.
Alum	Method 1.	Copper, and its compounds	Method 4.
Ammonia	Method 2 and inhalation of steam for several hours.	Copperas	Method 1, magnesia, large drafts of tea.
Anæsthetics	Stimulants, artificial respiration.	Corrosive sublimate	Method 4.
Antimony	Method 7.	Cotton Root	Method 1.
Arsenic and its preparations	Method 6.	Creosote	Method 3.
Atrophia	Method 5.	Cream of Tartar	Method 1.
Aqua Fortis	Method 3.	Croton Oil	Warm-water emetic milk and white of eggs.
Aqua Regia	Method 3.	Cyanide of Potash	Method 8 and inhalation of ammonia, and of chlorine from moist chloride of lime.
Barium and its compounds	Method 1 and Glauber's or Epsom salts.	Deadly Nightshade	Method 5.
Belladonna	Method 5.	Digitalis	Method 5 with fomentations over the heart.
Bitter Almonds, essence or oil of	Method 5 and inhalation of chlorine from moist chloride of lime.	Elaterium	Method 1.
Bitter Sweet	Method 1.	Ergot	Method 1.
Bismuth	Method 4.	Ether	Method 8 with the head down.
Blue Vitrol	Method 4.	Fungi	Method 9.
Bromine	Inhalation of ammonia and vapor of alcohol.	Fools-Parsley	Method 9.
Calabar Bean	Method 5.	Fox-glove	Method 5.
Calomel	Method 4.	Gases, poisonous	Method 8.
Camphor	Method 1.	Gamboge	Method 1.
Cantharides	Method 1.	Garden Nightshade	Method 5.
Carbolic Acid	Method 3.	Gelsemium	Method 5.
		Green, Paris	Method 6.

Poisons and Their Antidotes--Continued.

NAME OF POISON.	ANTIDOTE AND TREATMENT.	NAME OF POISON.	ANTIDOTE AND TREATMENT.
Green Vitriol	Method 1, magnesia and copious draughts of tea.	Oil, Pennyroyal	Method 1.
		Oil, Savine	Method 9.
		Oil, Tansy	Method 9.
Hartshorn	Method 2.	Oil, Vitriol	Method 3.
Hellebore	Method 5.	Oleander	Method 9.
Hemlock	Method 5.	Opium and its compounds	Method 5.
Henbane	Method 5.		
Hydrochloric acid	Method 3.	Oxalic acid	Give pulverized plaster or chalk, or sweetened lime water, and milk.
Hydrocyanic acid	Method 8 (See Cyanide of Potash.		
Hyoscyamus	Method 5.		
Indigo	Method 1 magnesia in milk.	Paris Green	Method 6.
		Peach pits	Method 9.
Iodine	Method 1 and starch or flour paste.	Pearlash	Method 2.
		Potato balls	Method 9.
Iodide of Potash	Method 1.	Potato sprouts	Method 9.
Iron, Chloride and Sulphate of	Method 1, magnesia and plenty of tea.	Phosphorus	Method 1 and skim milk. Do not give oil.
Jalap	Method 1.	Poke	Method 5.
Laudanum	Method 5.	Potash	Method 2.
Lead and its compounds	Method 4 and Glauber's or Epsom salts in tablespoonful doses in milk.	Potash, Bitartrate of	Method 1.
		Potash, Bichromate of	Method 4. Also give chalk or magnesia.
Litharge	Method 4 and Glauber's or Epsom salts in tablespoonful doses in milk.	Potash, Cyanide of	Method 8 (See Cyanide of Potash).
		Potash, Nitrate of	Method 1.
		Potash, Sulphate of	Method 1.
Lime	Method 3, large doses of sugar.	Prussic acid	Method 8. Inhale ammonia and chlorine from moist chloride of lime.
Lobelia, Indian Tobacco	Method 9.		
Lunar Caustic	Method 4.		
Mercury, its compounds	Method 4.	Pulsatilla	Method 5.
		Quicklime	Method 2.
Monk's-hood	Method 5.	Rhubarb	Method 1.
Morphia	Method 5.	Red Precipitate	Method 4.
Muriatic acid	Method 3.	Savine	Method 9.
Mushrooms	Method 9.	Silver, Nitrate of	Method 4.
Narcotics	Method 5.	Soothing Syrups	Method 5.
Nicotine	Method 9.	Soda, Caustic	Method 2.
Nightshade	Method 5.	Spigelia	Method 5.
Nitrate of Silver	Method 4.	Stramonium	Method 5.
Nitrate of Potash	Method 1.	Strychnia	Methods 1 and 8, inhalation of chloroform.
Nitrate of Mercury	Method 4.		
Nitre	Method 1.		
Nitric acid	Method 3.	Sugar of Lead	Method 4, Glauber's or Epsom salts in tablespoonful doses in milk.
Notro-Benzol	Method 9.		
Nitrous-Oxide gas	Method 8.		
Nitro-Muriatic acid	Method 3.		
Nux Vomica	Methods 1 and 8. Inhalation of chloroform,	Sulphate of Copper	Method 4.
		Sulphate of Iron	Method 1, magnesia and tea.

Poisons and Their Antidotes--Concluded.

NAME OF POISON	ANTIDOTE AND TREATMENT.	NAME OF POISON	ANTIDOTE AND TREATMENT.
Sulphate of Zinc...	Warm-water emetic, plenty of milk,	Verdigris.....	Method 4.
		Vermillion.....	Method 4.
Sulphureted Hydrogen.....	Method 8.	White Lead.....	Method 4, Glauber's or Epsom salts in tablespoonful doses in milk.
Sulphuric Acid....	Method 3.		
Sulphurous Acid Gas	Method 8.		
Tartaric Acid.....	Method 3.	Water Hemlock...	Method 5.
Tartar Emetic.....	Method 7.		Warm-water emetic, milk.
Thorn-apple	Method 5.	White Vitrol.....	
Tin, compounds of	Method 1.	White Precipitate..	Method 4.
Toadstools.....	Method 9.	Wolf's-bane.....	Method 5.
Tobacco.....	Method 9.	Yew.....	Method 9.
Veratrum.....	Method 7.	Zinc, Chloride of..	Method 1.

Through the kindness of our old time classmate, Dr. J. H. Kellogg, we are able to present to our readers the preceding able, condensed and comprehensive treatise on Poisoning, Drowning and Accidents. It is taken from his "Home Hand-Book of Domestic Hygiene." This valuable household work contains 1568 pages, fully illustrated, and is a vast Cyclopedia of Hygiene, Physiology and the treatment of disease. We have no personal interests to serve, but from our knowledge of the subjects treated, and the able manner in which they are handled, we do not hesitate to say that this book should find its way to every household in the land. Dr. Kellogg is Physician in Chief in the largest Medical and Surgical Sanitarium in the world. Any letter of inquiry in regard to this valuable work addressed to him at Battle Creek, Mich., or to his general Western agent, W. D. Condit, Des Moines, Iowa, will, I am sure, receive prompt attention.

DISINFECTANTS.

FACTS in medical science teach us that much of the disease which falls to the lot of man, is not so much a visitation of Providence, as the result of his own ignorance or carelessness. Nature's laws must be obeyed; and although we may violate them for a time with seeming impunity, she is a strict accountant and remorselessly collects her dues in her own good time.

One important factor in communicating disease is the atmosphere which surrounds us. It is a mistake to suppose that all outside air is pure. Nor are personal presence and absolute contact always necessary to convey contagious diseases from one person to another.

It is now known that the germs of disease are carried in the air, and a knowledge of their vitality and of the extent of territory they may cover, although emanating from a limited source, affords a solution to the problem of plagues and epidemics which have devastated whole kingdoms, almost depopulating them, so that by the masses they were regarded as direct "visitations of the Almighty."

the simple overcoming of any offensive odor that may arise. Disease germs are often odorless, and therefore cannot always be detected by the ordinary senses. Neither will the destruction of any odor which may be present insure immunity from contagion. The copious sprinkling of cologne wawater is good so far as it serves to substitute a pleasant for an unpleasant smell, but in this substitution there is no release whatever from the consequences of coming in contact with the ininfectious element.

A disinfectant, to be of any avail, must be of such potency as to destroy the vitality of the disease germs, thus rendering them harmless. With some sources of infection it is useless to contend by a resort to the means usually employed as a protection against contagion. I should not remain in a yellow fever district during the hot months unless duty demanded it. If I were living in close proximity to a frog-pond, engendering its myriads of malarial germs, to be floated by the atmosphere through my house, I would fill up the pond, or, if that were impossible, I would vacate the house. It would be folly to remain and attempt to combat them. But if there were a damp room in my house, which the sun could not reach and ventilation is impossible, and which in consequence becomes mouldy and a manufactory of foul gases loaded with disease germs, I should contrive a way to air it as thoroughly and as soon as possible, and then make use of some powerful disinfectant to destroy the vitality of the germs which remained.

The following is, perhaps, the best treatise on Disinfection we have ever seen, and is taken from the "Home Hand-Book of Domestic Hygiene," by permission of the author, J. H. Kellogg, M. D.:—

Dry Earth

"This is one of the best of all disinfectants for solid and semi-solid matters. It is a most excellent agent for deodorizing excreta. It operates by absorbing fluids and foul gases. It must be very dry, and the finer, the better. Sand is not good. Earth, if wet, is worthless. Dry, powdered clay is best. Coal ashes act mainly on the same principle, and are good. Dust from the road is a very good material. It should be gathered and preserved in boxes under cover, in readiness for use in wet weather. Dry earth must be used very freely to be effective.

Lime.

"Freshly burned lime is another very efficient disinfectant for some purposes. It is useful chiefly as an absorbent. In damp rooms having a musty odor and moldy walls, place several large, shallow vessels with a liberal supply of fresh lime, broken into pieces the size of a walnut.

Pulverized Charcoal.

"This is excellent to absorb and destroy foul gases. It must be applied freely, and often renewed. Should be broken into small pieces. It is so cheap that it ought to be used very extensively.

"When well or cistern water acquires a foul,

sour, or sulphurous smell, it is very impure, and should not be used without filtering through charcoal. Very frequently the evil can be corrected by putting down into the well or cistern a large sack containing a bushel or two of powdered charcoal. The sack should be moved about in the water several times a day for a few days.

Chloride of Lime.

"Excellent to destroy putrid substances, foul gases, and disease germs. Its efficiency is due to the chlorine gas which escapes from it when moistened.

"Into a gallon of water, put a pound of fresh chloride of lime. (Be sure it is fresh. It is worthless when old.) Stir well. Filter, or turn off after settling. Use freely.

"This is an excellent preparation for cleansing clothing that has been soiled by the discharges of patients. For this purpose, use one quart of the solution described, in half a pailful of water. It is also very useful for cleansing the hands of nurses who may be employed in cases of loathsome or infectious disease. After preparation, the solution must be used at once or kept tightly stoppered.

Chlorine Gas.

"This is one of the most effective of disinfectants. It may be prepared in several ways. The following are simple and practical methods:—

"1. With one and a half pounds of fresh chloride of lime, mix one pound of powdered alum. This is excellent to use in a sick-room where foul

odors are present, as the chlorine is given off gradually.

"2. Mix equal parts of chloride of lime and muriatic or sulphuric acid. Mix in an earthen vessel with water equal to the acid by measure.

"3. Mix together in an earthen vessel equal parts of salt and black oxide of manganese, and pour on two parts, by weight, of sulphuric acid.

"About a pound and half of chloride of lime, or of the mixture of salt and oxide of manganese, with the proper amount of acid, will be required for each one hundred cubic feet of air to be disinfected. In using chlorine to disinfect rooms which have been occupied by fever patients, all colored fabrics, picture-frames, and other articles likely to be injured, should be removed, and the room tightly closed for twenty-four hours, after which it should be aired for two or three days. In disinfection, after scarlet fever and diptheria, everything used about the patient should be left in the room.

"As the irritating fumes of this gas may be inhaled by accident, it will be useful to know that they may be antidoted by the inhalation of ammonia, or better, by breathing the vapor of alcohol.

Sulphurous Acid.

"This well-known bleaching agent is also a very good disinfectant. It is even preferable to chlorine gas for disinfecting rooms and clothing, if used thoroughly. It may be used for disinfection in the same manner as for bleaching purposes. After removing from the room everything that

may be discolored by a bleaching agent, as all kinds of colored cotton fabrics, and getting all in readiness to close the room quickly and tightly, place in an old iron kettle some live coals, upon which throw the sulphur or powdered brimstone, setting the kettle on bricks.

"Another convenient method is to place in the middle of the room, on a piece of sheet-iron, or on boards, a few shovelfuls of wet sand. Place in the sand several bricks near together, and on the bricks two or three hot stove-covers, bottom upward. Put the sulphur on these, and there will be no danger of fire. A hot iron kettle answers equally as well. Use two ounces of sulphur to each one hundred cubic feet of air to be disinfected. Close the room tightly for twenty-four hours, then ventilate for two days and scrub and repaper the walls.

Copperas.

"Also known as sulphate of iron. For disinfecting drains, sewers, cesspools, privies, and vessels containing the discharges of the sick. It must be used liberally, and is, fortunately, very cheap.

"To use, dissolve in water in proportion of one pound to the gallon of hot water. Add for each gallon two ounces of commercial carbolic acid. Pour into sink-drains a pint every day. One or two quarts daily will keep a water-closet in a wholesome condition if the trap does not leak. A gallon every two or three days will be sufficient to keep a privy measurably sanitary after its contents have once been sufficiently flooded to re-

move all foul odor. This solution is excellent for disinfecting stables and places where horses or other animals stand.

Permanganate of Potash.

"A most excellent disinfectant, though more expensive than the others mentioned. Its best use is for disinfecting the discharges of the sick. A quantity of the solution should be constantly kept in the chamber vessel. Delicate fabrics should not come in contact with the solution, as it leaves a stain. It may also be well used for purifying a cistern, the water of which has become foul. The water should be stirred from the bottom when it is poured in.

"For use, dissolve one ounce in three gallons of water. For cisterns, use one ounce to the gallon, and add until the pink color fails to disappear in half an hour.

"As is the case with copperas, sulphate of zinc, and similar disinfectants, permanganate of potash is not volatile, hence it does little, if any, good to keep vessels filled with the solution standing in sick-rooms unless it is otherwise used.

Ozone.

"This most active disinfecting agent may be easily produced in two ways, as follows: 1. It may be produced gradually by means of fragments of phosphorous partially covered with water in a saucer, or by wetting a bunch of phosphorous matches and suspending in the room. The ends of the matches must be kept moist by frequent wetting.

By mixing with a solution of one part of per-

manganate of potash in ten of water, an equal measure of sulphuric acid. This is an admirable disinfectant for use in the sick-room, as it is very powerful, and has not a very disagreeable smell in quantities in which it is useful. Either method of producing it may be employed.

"Ozone is nature's great disinfectant. It is produced by various natural agents, such as electrical discharges, the gums of certain forest trees, the perfumes of flowers, and a great number of other means, which are in constant activity, keeping good the supply which is exhausted by the destruction of the noxious vapors, germs, and various other agents destructive to human life which teem the air. The value of this wonderful agent as a disinfectant is but just coming to be appreciated in some small degree. It is to be hoped that ere long some means will be devised by which it can be cheaply manufactured in great quantities, when it may be made the means of doing an incalculable amount of good; as, for instance, in destroying the poisonous emanations from swamps, marshes, and other sources of atmospheric poisons."

PART FOUR.

Hints to Housekeepers

HINTS TO HOUSE-KEEPERS.

A GOOD house-keeper is a rare prize to the family. She arranges the affairs of the household, so that they move on smoothly, without perceptible jar or friction. In some way or another the vexations and difficulties of every-day-life are reduced to a minimum by her magic influence. Some one said in our hearing not long ago, "What is the use to educate girls, and give them accomplishments? They marry and become household drudges, and, within a year, would exchange all their knowledge of literature, science and art for the faculty of getting up a good dinner, and running the household machinery smoothly." This is partly true and partly false. Most girls are only half educated. They learn what can be learned in the schools as well, may be, as their brothers. Then the boy receives special training, generally for some trade or profession, while the girl, having no definite aim in life, usually spends her time to little purpose. It is seldom that her family see the necessity for her mind to be directed into some practical channel, and so time slips away, till the girl glides into womanhood.

Soon comes the responsibilities of the mistress of the household, and the duties of wife and mother. Too often she is unprepared to meet these obligations. She has had no discipline in house-keeping. Her duties seem irksome, because of her incompetence. She takes life hardly, because she is inexperienced. Everything goes wrong. Most things are illy done, through lack of dispatch and skill that come only by long practice. She grows tired, fretful, and unhappy. The life that should be full of satisfaction, becomes a burden, and the dreams of youth utterly fail of fulfillment.

All this is as it should not be. While the girl is being educated in books, she should also be trained in all the duties of a house-keeper. This should be begun almost in childhood. The tasks set her should be made pleasing and inviting. She should have every encouragement to study and practice cookery and domestic economy. Most girls will become easily interested in household lore. Those who do not, are usually the few who possess some special genius too great to admit of any division of interest. When the girl leaves school, let her take a responsible position in the family, and, under her mother's tutelage, learn the art of house-keeping. It will prove an invaluable acquistion, and all her life she will be thankful for the wise forethought that fortified her for the trying duties of life. Such a trained woman will never be a drudge in her own house. Her time will be spent to advantage. Her work will be arranged to save fatigue and

confusion, and all the little comforts and elegancies of home will have their appointed time and place. She will not find it necessary to isolate herself from society. She will not serve dyspepsia and biliousness with her dinners.

If one's early education has been neglected in the matter of house-keeping, it can be rectified in later years by patient attention, and persistent effort in the right direction. System is everything in house-keeping. Have a place for everything, and an appointed time for all the various tasks of the household; then, if unexpected emergencies arise, they can be met with equanimity, and time can be found in which to attend to them.

It is advisable for young house-keepers to divide their time according to their best judgment, and follow a written program, which they have prepared, as carefully as possible. The time saved, and labor lightened by such a system, can hardly be estimated. Have a day for washing, baking, cleaning house, cleaning silver, and all the regularly returning labors of the week. We give a program which we have found satisfactory in arranging the work of our own household; but every house-keeper must be a judge unto herself for her own particular household.

Monday.—The family washing, and, if there are two or three to divide the work among, the baking can be done with the same fire.

Tuesday.—Ironing; and if there is plenty of help, pies and cake may be baked.

Wednesday. — A part of the house may be cleaned and swept. Probably the kitchen, dining-

room and pantry would be best to commence with.

Thursday.—The clothes that have been aired on the clothes-horses, either by the fire or in the sun, may be sorted and put away in their respective drawers and wardrobes. Those that need repairing can be placed in a basket, which may be kept conveniently at hand, so that the mending may be done in odd leisure moments. The parlor and bedrooms may be cleaned and swept.

Friday.—Baking.

Saturday—May then be made a day of rest and recuperation.

An eminent authority has said "House-keeping,—word of grace to woman; word that makes her the earthly providence of her family; that wins gratitude and attachment from those at home, and a good report from those that are without. Success in house-keeping adds credit to the woman of intellect, and luster to a woman's accomplishments. It is a knowledge which it is as discreditable for any woman to be without, as for a man not to know how to make a living, or how to defend himself when attacked. He may be ever so good an artist, ever so polished a gentleman. if deficient in these points of self-preservation, you set him down for a weakling, and his real weight in society goes for very little. So, no matter how talented a woman may be, or how useful in the church or society, if she is an indifferet housekeeper it is fatal to her influence, a foil to her brilliancy and a blemish in her garments."

The Principles of House-keeping

Are readily imbibed by the young girl. Home is the school in which she can best learn domestic economy, and her mother is the proper instructor. Let certain daily tasks be imposed on the little girl, and responsibilities be assumed by her, not to be made irksome, but, on the contrary, as interesting as possible. Let her play at house-keeping under her mother's gentle supervision, and, our word for it, she will grow up realizing the importance of a woman's domestic life, and qualified to meet its requirements. Method and dispatch are essential to good house-keeping, and these cannot be acquired in a day. They are the outgrowth of years of practical discipline.

We heard a lady say not long ago "What is the use to educate our girls? They marry and become household drudges, and their learning is thrown away."

Not so. Setting aside the advantages of education in a social or literary career, as fitting a woman for exalted station as well as for an intelligent companion for her husband and friends, and a wise and honored mother. Education helps a woman in her household. The discipline of study, the habit of thought, of reasoning from cause to effect, are of great value to the house-keeper. The order, method and application learned in the schools and pursuance of history and scientific studies are of infinite value to the woman who manages her own house. House-keeping is a profession, and tact, policy and skill in the calling come through years of intelligent practice.

The good house-keeper must not only see to the ordering of good and nutritious food, but must have supervision of its preparation. She must see that the whole house is kept srcupulously clean, that it is thoroughly ventilated from garret to cellar, that the bedrooms, especially, are free from dampness, the clothes well aired, the rooms sufficiently warm, the sunshine allowed to enter freely during at least some part of each day, whenever it is possible for it to have access, and, in short, to see that all things are arranged for the comfort and convenience of the family. To do all this without disagreeable obtrusiveness, without hurry and confusion, or the excessive fatigue, which is injurious to the health, and gives pain to our friends, is indeed a more difficult thing to do than to command an army, or to lead a forlorn hope.

Rules and regulations may look well on paper, but every woman must, by practical experience, find out what is best for *her* to do, and when to do it, and in what manner. It is for her to arrange her own program. But once arranged, it is well not to depart from it without sufficient cause. To formulate a system is easier than to work by that system. The inclination to procrastinate is very strong with some; and others feel a strong desire to do a thing, or not to do it, as the impulse of the moment suggests. To conquer these tendencies, and force one's self to systematic action and prompt discharge of each daily returning duty, is a heroism seldom appreciated, because only the individual who conquers knows how great a battle she has won. But out of this triumph arises or-

der, where had reigned confusion; ample time for everything, where all had been hurry and trepidation. The advantage gained is so great, the leisure earned, so refreshing, that the wise housewife makes up her mind that hereafter she will rigidly follow the schedule, for the day and week, which she has carefully prepared.

It is to be hoped that our house-keeper has a sympathizing friend and assistant in her husband. It is to be hoped that he will be willing, not only to help her plan, but to aid her in carrying out her plans. And for that matter, how important it is that husband and wife should consult together about their mutual affairs. A wife should know the exact state of her husband's finances, his prospects, his apprehensions, and the general state of his business. It is often said that men are ruined by their wives' extravagance; while, in nine cases out of ten, the wife would have cheerfully joined her husband in economizing, had she known the true state of his business. Perfect confidence between husband and wife, and pleasant consultations concerning the ordering of the household, would tend to lighten the duties and responsibilities of both, and make house-keeping a success and a pleasure.

In building or buying or leasing

Your House,

Do not let mere external appearance influence you too much. Look to the comfort and convenience of the prospective occupants. The sitting room should be cheerful, light and airy, and large enough

to accommodate occasional groups of friends. The bed-rooms should be easily ventilated, and situated so as the sun could shine into the windows during some part of the day. The stairs should be of easy ascent, with broad steps; the cellar, dry, well-drained and ventilated. At least three feet of the walls should be above the surface of the ground, thus giving room for good sized windows, which should be opposite each other, if possible. If not, then ventilating shafts and traps should take their place. Last, but not least,

The Kitchen

Should be large, airy and well-lighted. Economize where else you will, but let the kitchen be comfortable, convenient and pleasant. To the woman who does her own work, it is of the greatest importance that her chief place of business should be cheerful and suited to her needs; and if the work of the kitchen is done by servants, be sure it will be better done, and the workers will be more contented and faithful, than if the kitchen were dark, damp and disagreeable, giving them the impression that their employers cared little for their comfort and convenience.

The appointments of the kitchen should be such as to render the work light as possible and satisfactory. There should be, at least, two windows in the kitchen; three is better. The range should occupy a place where there can be plenty of light in day or night. It should stand high enough from the floor to prevent too much stooping, which is very tiresome. The sink should be near a win-

dow; and a long kitchen table should extend from one end of it. One can then wash dishes at the sink, drain them, wipe them, and pile them on the table with no waste of steps. While the kitchen should be large and airy, it is also important that it should be warm and comfortable in winter. A dark, gloomy kitchen, cold in the winter and hot in the summer, is an abomination too common in our land.

A Large Pantry

Should open off the kitchen, and, if on the same floor, it should be convenient to the dining room. The pantry should be well shelved, furnished with tipping chests for flour, meal etc., pastry table and refrigerator. Much labor-saving machinery will find its way into a well-ordered kitchen. A patent egg beater, a kitchen grindstone, screwed down to the table, a patent washing machine and clothes wringer, save a great deal of tiresome work and time that can be devoted to other things. The floor should be of some hard, fine-grained wood, like white oak or Oregon pine. It should be very smooth, well-seasoned and oil finished. It can then be very easily cleaned by wiping up with cold or luke-warm water. If the floor is of soft pine it would be a saving in the end to cover it with linoleum or oil cloth, as paint is sure to wear off in spots and grow dingy.

There is one thing a good house-keeper should never neglect, that is to see that all dranage from the kitchen is in perfect order, that no foul odors lurk about the waste pipes, no slops are allowed

to accumulate, no refuse matter thrown out about the premises. Disease and death lurk in imperfect drainage and reeking cesspools. If your home is in the country, and you have no system of sewerage, then be sure that the slop barrel is carted off a good distance from the house, and a quantity of fresh lime thrown upon the contents, and into the empty barrel. By the way,

Unslaked Lime

Is an excellent deodorizer and disinfectant. It is cheap, and should be kept for use about the house. It is excellent for purifying sink pipes, ditches, etc. If scattered about a cellar it will absorb the dampness, remove the musty smell, and sweeten and purify it.

It is also very convenient to have a jar or keg of lime water to use about the kitchen. Put half a peck of unslaked lime in a ten gallon keg, pour the keg full of boiling water. Let it set till cold, then cover and keep for use. It is good for rinsing out the milk vessels, sink and pipes, fruit jars, and for a variety of purposes. The kitchen, and all its premises should be sweet and clean, free from bad odors, and unsightly rubbish. The custom of building fine, large houses, with spacious halls, bedrooms, drawing rooms and dining rooms, and then tucking a diminutive extension to the back for a kitchen, with low ceiling, small windows and little room, is an abomination born of a love for display. Where it is possible, the kitchen should have its little flower garden, its trailing vines about the windows and porch, its shady trees

to temper the sunshine. The eyes of the tired workers in the heated kitchen, should be refreshed by glimpses of twinkling leaves and bright blossoms, and green grass plats. In cities where all this is impossible, a few pots on the window ledge, with bright geraniums or fragrant heliotropes, or other easily cultivated plants, brighten the room, and keep alive the love of the beautiful in the hearts of those whose daily labor confines them to the kitchen and its precincts. A pretty window box, arranged as a *jardinierre* with blooming double petunias, an ivy vine trained on a wooden or wire frame, a few free blooming geraniums and fuchsias, is easily cared for, and the plants thrive well in the moist, warm air of the kitchen, where more or less steam is escaping from boiling pots.

Furnishing and Decorating.

In these days, those who can afford it, put their houses, so to speak, in the hands of professional decorators and furnishers. A certain firm, who make such matters their business, take the house fresh from the hands of the builder, and, having consulted with the proprietor as to cost, general preferences and special plans, proceed to decorate and furnish the whole house in the highest style of æsthetic art. When the keys are handed over to the proprietor, he has only to walk in and take possession. Everything is in perfect order; the house-keeper finds the fire burning in the range, the dishes in the cupboard, the napery in their drawers, the towels distributed in the bedrooms, and every little convenience ready at hand, from

kitchen and cellar to drawing room and hall. Nothing has been forgotten or mislaid. Housekeeping begins as if it had only left off the night before. All is done by those whose business it is to study effects in color and material in decoration and furnishing, as well as convenience in the desired appointments.

But for those whose means are more limited, who wish to furnish their homes neatly and elegantly, without the expense of professional artists, we would give a few hints that may be of some assistance. In the first place, make up your mind as to the money you wish to expend in furnishing and decoration. Then arrange a plan of each room, and go to work with the help of a good workman from the shops. A great deal will depend on the purity and accuracy of your taste, and your knowledge of the harmony of colors. Care should be taken in furnishing a house, to select durable, as well as handsome, furniture, carpets and curtains. It is very desirable that the furnishings should not grow faded and shabby looking when only half worn out. Brussels or three-ply carpets of oak and green, or brown and green, or deep maroon will look well as long as a shred lasts. Also, in Brussels, a very light carpet, white, or some ground with bright flowers, or arabesqe figures, is very durable in color, and does not soil easily, as might be supposed. In fact, it does not show dust so readily as darker shades. Avoid carpets with very large figures, unless the room is very large. Small, or medium sized figures, in a graceful pattern on a moss colored

ground, makes a satisfactory carpet for an ordinary sized room. The main colors should be restful to the eye, and the design not too elaborate.

The Curtains

Should harmonize with the carpet and with the general tone of the furnishings. A very pretty and inexpensive curtain is made of *cretonne* in the new, bright, artistic patterns. Some of the designs in flowers are almost as trim and beautiful as the brush of the artist could make them. Make the curtains full, line with a neutral tinted silesia, hang on poles, and loop back with bands of the same, and you have elegant curtains, at a comparatively small cost. Shades may be hung next the windows, with lace curtains draped over them. A handsome lace lamberquin of *cretonne* in some harmonizing color and pattern, edged with plush balls or fringe may be used if preferred. A pretty summer curtain is of chintz, of a color harmonizing with the other furnishings. Muslin may be used edged with lace, and shades hung inside. A very pretty material is the new scrim, in cream or copper color. Shades may be decorated by hand painting or pretty transfer pictures, and edged with heavy Nottingham lace.

We should be thankful that the stiff parlor suits of chairs and sofas are no longer regarded as a necessity. Instead we may have comfortable easy chairs of dissimilar designs, low couches, light rattan rockers, and comfortable splint-bottom chairs.

Heavy Upholstery

Is not looked upon with as much favor as formerly, and, if used in summer, should be covered

with cool linen, which may be washed when required. Thick rep and plush hold a quantity of dust, and may harbor disease and contagion. Light chintz cushions are much to be preferred. There should be a prevailing taste of color in a room, with here and there a dash of color in upholstery, a bright lambrequin, a soft rug, or bit of fancy work. The walls should correspond, to some extent, with the carpet, so that no startling lines of demarkation are forced upon the sight. Much taste may be displayed in the border, and the decoration of the ceiling. These matters are usually left to professionals, but it is well enough to mark our own individuality of taste in the rooms that are to be occupied by us the year round.

One word on the subject of

Dining Rooms.

Don't carpet them. Have a hard wood floor. Two kinds and colors of wood, in some pretty design, is, of course, to be preferred; but a plain hard wood floor, nicely oiled, is good enough. It may be wiped up, with little effort, every day, and kept free from dust and grease. A soft, thick rug may be placed under the table, extending well beyond the chairs, so that the feet may rest on it. This may be well shaken every day with but little trouble. In this way, the dining room is kept sweet and clean, free from odors, and any impurity. The old Virginian custom of taking up the carpets every summer, and cleansing the floors with cold water every day, is a good one. It keeps the house clean, fresh, and cool; but it is

doubtful whether we can ever conquer our prejudices in favor of carpets, both summer and winter, at least in the bedrooms and parlors.

When all is arranged, have regular days for sweeping and cleaning. Do not attempt to sweep the whole house in one day. In ordinary families, once or twice a week is enough to sweep the bedrooms and parlors. Put rugs on the porch and in the hall, and by persistent effort, teach the children and servants to leave the dust or mud outside the rooms. This habit of cleanliness is soon acquired, if the mother and mistress, kindly, but firmly insists on its enforcement, and does not get tired of mildly sending the boys back to wipe their feet on the rug outside, to take off their overcoats and hang them in the hall, and remove their overshoes before coming into the sitting room.

The good house-keeper should not, however, allow herself to be too fastidious and exacting. This would be steering clear of Scylla, to run aground on Charybdis. Home may be made hateful by the continual "nagging" of the mistress of the household, on the matter of cleanliness. The children cannot be allowed to play in the house, or spread their books and pictures on the reading table, because they make "such a muss." The husband, coming in from a hard day's business, glad to get within the home circle again, has a damper thrown on his spirits by being reminded of the dust on his boots, or the snow on his hat, or of the fact that he has thrown his overcoat on a chair, or his gloves on the table. Better a

thousand times let the offense pass by, or quietly and unostentatiously remove the offending objects.

One of the great draw-backs to comfortable house-keeping, and something that drives whole families to the boarding house or restaurant is the difficulty in securing good and intelligent

Servants.

In some way house work has come into disrepute among the working class. Many prefer the shops, the factories or the hotels.

The tidy, thrifty maid of all work, who manages the bulk of the work in small families, who bakes, washes, irons, cooks and waits on table, cleans house, sweeps, dusts and scrubs, and takes about the same interest in the house and family as she would if they were her own, is a jewel hard to find. The modern conflict between employer and the employed has invaded the kitchen and driven to other callings the best of our domestics. Many girls who leave service in families, give up good homes, good board, pleasant bedrooms, pleasant surroundings, the friendly care of their employers in case of sickness, and the friendships springing from their relations with the family, for crowded unhealthy lodgings, poor food, gloomy surroundings and bad company in the crowded factories and shops. They take their fate in their hands and become but a mere atom in the struggling masses of humanity. And very likely when their board, clothes and lodging are paid for they find that they could have saved more money doing house work in the places that they have left. House-

work is honorable, and the variety of labor called for makes it much more healthful than strict confinement to one steady work. Cooking is a science and an art combined. Girls who learn cookery thoroughly find no difficulty in obtaining first class situations, and commanding good wages.

Mistresses are partly to blame for the disinclination of girls to enter service. They have looked too much upon their servants as so many machines out of which so much labor can be ground. They have thought little of their comfort, their convenience and health, much less the good of their souls. This is a sure way to make servants unfaithful, careless and idle. They understand at once that they are not respected, or trusted, or cared for, and they retaliate in kind. Like mistress, like maid, is often, though not always true.

Let the mistress show her servants that she consults their happiness and comfort, that she regards them as of the same flesh and blood with herself, and deals with their faults patiently though firmly, and a bond of friendship and respect will soon be formed between mistress and maid. In

Dealing with Servants

Have their various duties well defined, and thoroughly understood by them. Leave nothing to be taken for granted. Explain carefully what you require of them, and be sure first that you require no more than is right for them to perform. Then insist on the proper performance of each duty. Do not scold; that would ruin your influence, by lessening their respect for you. But do not tire

of quietly, but firmly repeating your charges till the work is uniformly done to your satisfaction and in accordance with your directions.

Do not expect too much of your undisciplined domestics. Be satisfied if you are able to teach them what you want them to do. Remember that most of them have grown up without proper restraint or instruction, and try earnestly and kindly to correct what is wrong in their habits and training.

In many cases you will be successful; you will succeed in training them to your mind, and they will appreciate your kindness and patience. There is no just cause for antagonism to exist between mistress and servant. It is unnatural and uncalled for, and more blame should be attached to the mistress than to the maid for such a state of affairs, because of the superior education and advantages of the former, and her presumably greater intelligence and self restraint.

The mistress of a house should have a

General Supervision

Of it. She should know just how faithfully the work is performed, and have stated times to inspect the various parts of the house, and to see if her orders are attended to. This is a pretty effectual cure of a tendency in any servant to grow lax in his or her duties. A few exposures, and kindly remonstrances, are usually sufficient to prevent any repetition of the offence. A good way is to have the task done in a right manner under your personal supervision. This should be required in all

kindness of spirit, which will usually secure prompt obedience. If it is known among the servants that the mistress of the house may be expected, at any time, in the kitchen, the pantry or the cellar, viewing with critical eyes everything pertaining to the house-hold machinery, it will be a great incentive to the faithful discharge of their duties. The relations of mistress and servant are not, and should not be made, antagontistic to each other. There should be a willingness on the part of each to lighten the labors, and brighten the daily life of the other. But, supposing the greater intelligence to be possessed by the former, it is to be expected that the greater efforts in that direction should be made by her.

She should rid herself of petty prejudice, the inclination to gossip about "my girl," the stale illusions to the "irrepressible conflict," and any tendency to be unreasonably exacting.

The woman who

"Does Her Own Work"

Is prehaps the most independent, and if she has only a small family, each member of which is, in a manner, a helper, her work is not so tiresome and perplexing as hers who has a large house and corps of servants to superintend. Some of the happiest families we have ever known were those who lived in modest but comfortable homes, who employed no help, but apportioned out the work among themselves.

A good deal of wise management is necessary to prevent the work from becoming drudgery.

Thorough system, rigidly adhered to by the workers in all departments of the home, will usually smooth out the rough places, and give time for out-of-door exercise, reading and society. To have regular hours and days for doing everything about the house, to put everything in its place, to have every utensil ready for use, and the baking, washing and mending done at stated times, goes a long way towards oiling the whole of the household machinery, and saves much time that can be given to higher thoughts and fancies. The woman who "does her own work," should be a good cook, a good house-maid, and a good laundress. These are three separate professions which take time, practice and intelligence to master. The young wife who first goes to house-keeping with only two in the family, thinks that the work will be nothing, she will have ample time for everything, and leisure to practice her music, to sing for her husband, to visit and read. She has, perhaps, played at cookery and house-keeping under her mother's eye at home. She feels competent for the tasks before her; but before the first week is over, she has a great mind to be discouraged. Things do not turn out as she expected they would. The bread falls, the feather cake is a failure. She sits down with her husband to the dinner table, conscious of looking tired, red-faced and annoyed; ashamed of the roast, which is a little over-done, and of the pastry, which somehow has the under crust soaked. She finds that housekeeping in earnest, is a profession which requires study and constant watchfulness and practice.

She need not be disheartened, for, by daily experience, all the difficulties that at first beset her are removed, or greatly reduced. Continuous acquaintance with the range enables her to manage it with success. She soon learns how to heat it for different purposes. The bakings and the roasts and the pastries soon become uniformly good. By repeated trials, she learns how much stirring the cake needs, how much time is necessary for the bread to sponge, and how long the loaves should set; what heat the oven should have to bake them, and just how to bring that delicate brown to the crust. By degrees she overcomes the perplexities of her daily life. The wheels run on smoothly. Her duties seem simplified, and the routine of domestic life ceases to be irksome; while achievement in cookery, or other branches of house-keeping, bring welcome words of commendation from her loved ones, and a sense of triumph to herself. She will have many an hour to devote to her favorite pursuits, whatever they may be. She will find time to cultivate her mind and to mingle with her friends. The path that seemed at first to be strewn with difficulties, will become pleasant.

A few practical suggestions here, may be of benefit to young and inexperienced house-keepers. We have found that it greatly facilitates the operations of cooking, to have all the utensils, the pots, pans, sauce kettles, and other vessels of daily use, ready at hand, in their places, clean and sweet. There is then no time lost in hunting for stray vessels, or cleaning them when found. It

takes much longer to thoroughly cleanse a vessel after it has been set aside dirty, or containing some food that had been cooked in it, than it does to cleanse it at the proper time, when you have nice hot soap suds, and every thing prepared to wash such vessels. You will save time by dishing out what is to be saved, and putting the pots and pans to soak until you are ready to wash them. Have all the kitchen spoons, knives, forks, and other utensils clean and handy in their places. This is a great help when you come to cooking.

It is of great importance to have the range in good order. Learn everything to be learned about it. Know how to clean out the ashes, and how to manage the drafts and dampers. Do not let it get clogged with soot. If you burn soft coal, and there is a tendency to fill up with soot, you will find it a very good thing to burn a few hand-fulls of cobs every day. It keeps the pipe nice and clean. In most places corn cobs can be bought by the load. And where they are used in conjunction with soft coal, the pipes never need to be cleaned.

Dish-washing is almost a fine art. We have been accused of making a hobby of dish-washing. But it should, at least, be considered a matter of some importance. It is as easy to wash dishes nicely as to wash them illy.

A good way is to first wash them in hot soap suds, placing each dish in another pan, then pour over them clean hot water, and wipe them quickly with soft dry towels. They will polish easily and beautifully. Silver should never be washed in

soap suds, unless you wish it to soon look like pewter. Wash it in clear hot water. Rinse in hot water in another pan, and wipe quickly on a soft dry towel. It will shine brightly and keep in excellent order, requiring no cleaning if used every day, unless it be rubbing off egg stains, or something of that sort with a little silver soap. The silver which is not used so often may be kept bright by rubbing frequently with a chamois skin, or the soft side of cotton flannel. Too frequent cleaning with chemicals is injurious to silver or plated ware, and is not needed if care is taken to wash it properly and keep it dry and free from dust or stain. Glass ware should be washed like silver and dried quickly and thoroughly. There is no excuse for dingy silver, and cloudy china and glass. It is easier and much more satisfactory to have them clear, bright and clean. Plenty of hot water, a little soap, two dish pans and clean nice dish clothes and towels are all that is requisite for this. Apropos of dish cloths, we would say that nothing is more abominable than a dirty, greasy dish cloth. Charity has not a mantle broad enough to shield such a disgrace. It breeds foul odors, and their attendant ills. The dish cloths should be regularly washed out, scalded and dried, in the sun and air, if possible. There should be separate cloths used for the china and silver and glass. All this is easily managed, and the work of washing dishes, when thus reduced to a system, is much more rapidly accomplished than if done in a slovenly, hap-hazard way.

Any vessles used for milk should be thoroughly washed and scalded every day, then rinsed in cold water and exposed to the air or sun. They will then keep milk sweet much longer than if not properly cleansed. Milk should always be set in a sweet, clean place, ventilated, and not used for meats and vegetables, as it readily absorbs noxious gases and impurities. If the cellar must be used for a milk room and general storehouse, then care should be taken to thoroughly ventilate it, and to keep it clean of all odors and impurities. Scatter plenty of fresh lime about. Whitewash frequently, and keep the bins and barrels free from decaying fruit and vegetables. Butter too should be kept in a clean, cool place, as it, also, imbibes impurities very readily. Milk and butter become ministers of disease and death when charged with the poisons of an impure atmosphere.

One word on the subject of refrigerators. It is some trouble to keep them clean, but it pays. Keep the ventilator open, cleanse the whole ice tank, water reservoir and cupboard, twice a week. Keep pretty full of ice, and do not crowd all sorts of food promiscuously together in it. Of course perfectly fresh meats do not, in such a cold atmosphere, throw off any property that would taint butter or milk; but careless servants and others thoughtlessly put cooked meats, vegetables, cheese etc., with milk, butter and cream in the refrigerator. It is thus made a nuisance and a poisoner, where it should be a great convenience and preserver of food.

When we come to

Planning out Housework

We are too apt to over-crowd our time. We set a stated time for this, that, and the other task, and it all seems easy enough to accomplish in the day, and leave two or three hours of leisure besides. But we have not allowed for various hindrances, for a moment or two of needful rests between whiles, or some unexpected interruptions. So we find ourselves at the end of the day, tired and jaded, with some of the work we had laid out undone, as likely as not the very things it was most important to have done, and no time left for rest and recuperation.

The trouble was, we planned too closely. We tried to do too much, and the whole day was crowded and unsatisfactory. We were too tired in the evening to chat with our husbands, or to amuse the children, or to go out to the lecture or concert. It is our duty to keep fresh and youthful as long as possible, to endeavor to retain our health, strength and spirits. This cannot be done if we work on the high-pressure principle, and put in every day for all we are physically worth. Better live more simply, leave unessentials undone, and get time to rest and brighten up for our family and friends. When husbands return from the business of the day, it is much more satisfactory to them to meet a cheerful, tidy looking wife, than to be able to sit down to the most elaborate supper, in the most tastefully arranged room, opposite the tired, worn wife, whose every move-

ment and look pronounce her over-worked. If we cannot afford to employ help to lighten the household labors, let us at least simplify these labors as much as possible.

Women are Slaves

Over what is of little consequence. It is pleasant and right to have the house clean and bright, the windows shining, the paint clean, and the furniture free from dust. But when cleanliness becomes a hobby, comfort disappears. The woman who is continually armed with a broom, a brush, or a mop, is a nuisance. She shuts out the clear, invigorating air, because it brings dust on its wings. She shuts out the health-giving sunshine, because flies follow the sunshine. She shuts out the children from the best room, because children bring disorder and dirt with them. In truth, her whole life is a crusade against dirt, and she is a martyr to the cause, for she wastes her life in the unequal strife, grows old, and worn, and fretful in it. It finally triumphs over her, and she succumbs, but only with the last gasp.

This spirit of hunting wildly for dirt, watching to see if it is not brought in on somebody's boots, or blown in, or smuggled in mysteriously, becomes a mania, and occupies the mind to the exclusion of more elevating thoughts and aims, which are likely to bring more happiness to one's friends. We must not be so carried away by immaculate house-keeping, as to forget that we have family and social responsibilities incompatible with continual and unnecessary drudgery. It is of more

consequence that a woman should have her hair nicely arranged, and be clad neatly and becomingly, when her husband comes home, than that she should treat him to three kinds of pie, and a rich pudding at dinner.

Remember he would never have fallen in love with you in a slovenly wrapper and your hair in dirty curl papers. Absolute genius and the sweetest amiability, had he discovered them in you, would never have reconciled him to such negligence. Keep him in love with you. Do not forget, nor let him forget, the ways that won him. Do not save your bright conversation, and sweetest smiles, and prettiest dresses for others to enjoy. It is better to please your husband than anyone else, and it is a sure way to strengthen and intensify his love for you. It may seem that we have drifted away from the rambling subject of this paper, but, as most house-keepers are also wives, our temptation to speak a word to them, which may suggest truer lines of action, and a better comprehension of their sometimes apparently conflicting responsibilities, was too great to resist.

No position requires more constant effort, constant watchfulness and constant care. If the house-keeping goes wrong, the whole family suffers. The good house-keeper, in families of ordinary means, must not only order everything in the house for the well-being of the inmates, but she must see that the back yard is clean, the front yard pretty and in order, the steps nicely swept, the gravel walks weeded, the garden well-cared

for, the lawn trimmed, and a thousand other things, which, in more pretentious households, are assigned to special servants.

The matter of

Entertaining Company

Is one that particularly interests the mistress of a house. Most of us make it an arduous business. We seem to consider that our visitors are more particular about the food they eat, and the appointments of the various rooms, than they are for our society. This view of the case is not complimentary to them, or just to ourselves. In the first place, people often invite visitors, not because they want them, but from a false pride. Others invite company, and they feel compelled to do the same, in order to keep up appearances. They accordingly sacrifice their comfort, and that of the family, incur expenses they can illy afford, and, perhaps, pinch for six months to make up for this needless extravagance. It is pleasant to entertain our friends, if we can afford the luxury, and it can be done without disarranging all the family usages. Do not weary your guests by too assiduous attentions. Let them please themselves as much as possible, and feel at liberty to choose their occupations. Let them feel free to retire to the privacy of their rooms when so inclined. Do not feel obliged to maintain a conversation continually during their presence. Let them forget they are company, and you their host, and they will then *really* feel at home, and enjoy themselves. They will perceive that you go on

with your daily routine of duties, that their presence does not materially disturb the family arrangements, and the consequence is, they are pleased, and enjoy all the diversions you plan for their entertainment. Their visit will always be a bright spot in their memory.

But, if your guests perceive you are in constant anxiety about their comfort and pleasure, over desirous to entertain them, and afraid they will feel neglected if you leave them to themselves for an hour, they cannot help having an uneasy consciousness that they are making you a vast deal of trouble. This modifies, in a great degree, the pleasure of their visit, so you frustrate your design to please, by your own efforts.

Never relate your domestic difficulties to your guests, or recount your family troubles, or enumerate your bodily ailments, with their attendant symptoms. If you pause to consider, you will realize that all this must be exceedingly uninteresting to your friends. Do not be deceived by their apparent interest and sympathy. They will doubtless feel interested, for the time, in your confidences, but they will also be pained, and at a loss how to respond to them.

Forget yourself in your conversation. Lead on to topics which you believe will interest your friends. A desire to converse about our peculiar troubles is a species of selfishness, which should be nipped in the bud.

Give your guest a pleasant, sweet, clean room, a comfortable bed, good, substantial food, the freedom of the house and grounds, and any recreations or

expeditions within your reach, and he or she will feel more than satisfied with your entertainment.

Do not think that you must give dinner parties because your neighbors do. They are expensive luxuries, and unless you understand pretty well how to manage them, they are unsatisfactory. Begin with a simple affair. Invite a few congenial friends, and do not attempt too grand a dinner. The pleasure of the affair will depend more on the wise selection of guests, who will be congenial to each other, and unmindful of any trifling oversight on the part of the host. An unconventional dinner party of this kind may be very enjoyable. As you advance in experience,—your means permitting,—you may successfully carry off more elaborate affairs. Before the time arrives for your company to assemble, be sure to examine all the arrangements to see that all preparations have been made as you have ordered them ; that everything is in readiness, especially in the dining room. This will prevent any delay or confusion. Instruct the servants as to the order of things and their various duties. Leave nothing to be taken for granted. Remember that the details which have occupied your mind for days, have not been of so much importance to them. Finally, if anything goes wrong, let it slip by unnoticed, if possible. Do not call attention to it by chiding the attendant, or inquiring into the merits of the matter. This can be done afterward. No apologies, or shifting of blame to servants, can rectify the mistake or oversight, and only makes an unpleasant episode that interrupts conversation, and causes a

much worse break in the general harmony of the affair than the original cause of the trouble.

In order for the household machinery to run on smoothly, there must be good nature and willingness on the part of the family and their domestics. If the mistress of the house sets the example of kindness and patience, the others will be pretty sure to follow her lead. Some one has said, "Gentleness and sweetness of manner steal over the spirit like the music of David's harp over the passion of Saul." Nothing is gained by losing one's temper. You may storm your dependents into apparent submission, but, in their hearts, they will have lost respect for you, and you will suffer for that loss. If the mistress of the house gives way to bad temper, it casts a gloom over the whole establishment. Every one becomes proportionately irritable, and the atmosphere of home is anything but pleasant.

There are times when the tension on the nerves is too great, and everything seems to conspire to irritate and annoy, when body and mind alike, threaten to give way under the strain. At such times as these, it is better to drop everything, if possible, even to the neglect of ordinary duties, and seek seclusion, rest and quiet, at least till the mind recovers strength to govern the actions. Irritability of temper is often caused by overwork and too much care, but, if indulged, it becomes chronic, and the bane of the household. "Learn to control yourself, and you will be able to control others," is a truism that will bear repeating. Husband, children and servants will all feel greater

respect for you if you are of an equable disposition, than if you give way to the weakness of ill temper. Many a husband frequents the club room because he finds peace, and pleasant companionship there. Many children are driven into the street to play, because "everybody is so cross in the house," and all their little toys and trinkets are voted such a nuisance there. It pays for a woman to be patient, cheerful and companionable in her own family. She should not let the world get too far ahead of her. She should keep acquainted with the current events of the day, and be able to hazard an opinion on important questions that interest the people of her time. She thus keeps herself an intelligent being, not a mere household machine.

Most ladies find time for fancy work. This is of itself refining, so far as it cultivates a love for the beautiful, and a correct taste. But we must insist that much of the time spent on so-called fancy work, is worse than wasted, for it encourages an incorrect taste, is of itself useless, and consumes time that could be spent in a much more profitable and pleasant manner. A fine painting, a delicate piece of needlework, a pretty drawing, or piece of carving, or Kensington, or other embroidery, that can be be classed as true art, is always admirable; but to spend valuable time in working impossible birds and flowers on rich materials, handsome enough without decoration, is an expensive and vulgar folly.

Those who paint divinely, or embroider beautifully, make specialties of these pursuits. No lady

can play the piano, sing, paint, draw, embroider, make lace, and learn all the new stitches and tricks in fancy work, and do all, or any of them, well. If you have an art talent, choose something, and learn to do it well. But above all, read good authors, and improve your mind in your leisure hours. It will be worth more to you on your own behalf, and that of your family and friends, than the so-called accomplishments which so many ladies of the present day delight in. A mind well stored with useful knowledge is of as much advantage to a woman as to a man. It is she who, more than any one else, moulds the minds of her children. She, to a great extent, determines their future course, and gives the bent to their minds that decides their course in life. She may modify and correct their natural inclinations; but to do any or all of this, she must be an intelligent being, possessed of self control, and the kindliness of a loving heart. Religion should guide her life. It is the sheet anchor of woman, her comfort in distress, her joy in prosperity, the sustaining power that will carry her safely through all her peculiar trials.

It does not properly come within the province of this work to point out or attempt to correct the evils that grow up in the family circle, but we cannot refrain from speaking a word or two of advice and sympathy to the anxious wife and mother, who would fain do her best for those she loves.

Mothers make slaves of themselves for their children. They stitch, ruffle, and embroider for their darlings. They friz, crimp and curl their hair,

and dress them as if for exhibition. Then they must either spoil their clothes, or strut about with the sole thought to keep them nice. Dress your children in plain, comfortable clothes, and let them romp, and play, and be healthy. Children learn to think too much of dress in childhood if they grow up under the espionage of fashion. Spend less time on your children's clothes, and more on their mental and moral training. It will repay you an hundred fold as you see them growing up into good and noble men and women, a comfort to you, and a blessing to the world.

It is pitiable that with such grand possibilities before her, and such holy responsibilities, woman should drivel away the talents God has given her, in idle gossip and useless employment. So few mothers are really companions to their children because they have not learned what it is their duty to be to them. To feed, clothe, educate and love them is not all. They have moral natures to train, inclinations to be carefully nipped in the bud, germs of good to be nourished, faults to be checked, and virtues to be cultivated.

You have looked upon your child as a part of yourself; but he is an individual being, with a character distinct from yours, but greatly subject, in its crudity, to your will. Mould it carefully, guard it tenderly. It is of much more consequence to train carefully the young being intrusted to your care, than to array its form in costly apparel. Be a mother and find your duty. Be a true woman, and live above the froth and frivolity of the life around you.

Finally, live simply and naturally, eat good healthy food, at regular times. Let home be the center of your affectiones, and your chief interest. Be patient in disposition, judicious in expenditure, wise, as wife, mother and housekeeper, trusting always in God and his rulings, who shall win and wear a brighter crown—the glory of true womanhood.

PART FIVE.

HOW TO COOK.

How to Cook.

THE old-fashioned cook book was a snare and a delusion to the unsuspecting housewife who trusted in its authority. Not only were there directions for compounding impossible dishes from unattainable materials; but, in many cases the books were compiled by those who had no practical knowledge of cookery. The consequence was, every housewife was an authority to herself. Her knowledge must come from experience, and experience was often bought dearly, by years of labor and patient care.

In these days we have the advantage of the experience of others given in various works, designed to be practical guides in housekeeping and cookery. While nothing can atone for lack of experience and judgment, these books may serve as helps to their attainment. Variety in food is very desirable, and it is next to impossible to carry in one's mind the formulas for the many dishes required at different times for the table. In fact, there is no special virtue in burdening the mind with such a mass of details as would be necessary if the formulas for com-

pounding and cooking each dish was "carried in the head," as our grandmothers used to say. In submitting the following recipes, we have been careful to select only those which we could personally vouch for, or those which have been tried and proven by other responsible parties. We have also endeavored to consider the various foods and their preparation from a health standpoint; and, so far as is practicable in a book intended for the use of all classes and conditions, we have eschewed that which is hurtful, and substituted in its place food known to be nourishing and healthful.

It is of the utmost importance that our tastes and appetites should be educated to prefer that which is healthful. Disease and death lurk in the mysteries of poorly selected and badly cooked food. Dyspepsia, biliousness, headaches, fevers, chills, and a hundred horrors of the physical system are born and bred at the table. Every housekeeper should know how to cook, whether she be obliged to do her own cooking or not. The preparation and ordering of food for the family should not be left entirely to the judgment of a hireling, ignorant of the laws that govern our physical health. The mistress of a household controls, in a measure, the physical lives of that household. They are at her mercy. The food she gives them may nourish and sustain their vital forms, or, on the contrary, it may enervate and poison them. And when we consider how intimately connected is the mind and body, how the physical health affects the mental and moral conditions, we may well say that the housekeep-

er's position is a very important one, and that her responsibilities are grave and sacred.

It is therefore commendable in her to seek for help in her calling. We trust this collection of carefully selected recipes and suggestions will prove to be the very helps she needs, and serve to untangle many a provoking culinary problem, and smooth the way to success.

Our Recipe Department

Has been prepared with the greatest care. It has been under the direct supervision of one who is thoroughly versed in all branches of the art of cooking. All receipts given have been thoroughly tested, and will be found reliable.

We desire to express our thanks to the Royal Baking Powder Co., for the use of many valuable recipes used from their "Royal Baker and Pasiry Cook," by their kind permission. The latter work was edited by Prof. Rudmani, of the New York School of Cookery.

To the Ladies.

We shall be glad to receive suggestions from you in regard to any recipes that may be improved, and any new recipes will be received with thanks. We shall revise and correct this department with each new edition, and shall be glad to receive additions from time to time.

This is one of the most important articles of diet, and deserves the first place in this work. Bread has been truly named "The Staff of Life." It holds in itself, gluten, starch and sugar. It therefore combines the chief nutritive properties of animal and vegetable foods. An authority on bread-making has said, "In the composition of good bread, there are three important requisites: good flour, good yeast, and strength to kneed it well." A little experience, with the following hints, will enable any one to judge pretty correctly of the quality of flour. Squeeze up a handful, and if it falls from the hand light and elastic, it is a pretty sure sign it is good. If it falls in a compact mass, or is clammy to the touch, it is bad, and will not make good, light bread. It is not of the first importance that flour should be very white, although it is desirable that it should be so.

Next in importance to good flour is good yeast. Where it is practicable, it is always safest and cheapest to buy yeast from the baker, when you can be sure of the quality. For those who prefer making it themselves, we give recipes that may be depended upon. Yeast when good should be of a light color and effervescent. To ascertain its quality, add a little flour to a small amount of it, set it in a warm place, and if it rises in the course of ten or twenty minutes, it is good. In

making bread, bear in mind that it should be made as soft as can conveniently be kneaded. The flour should always be sifted and the bread thoroughly kneaded.

Yeast.

Boil three tablespoonfuls of hops in four quarts of water for ten minutes. To this add three pints hot mashed potatoes, one-half pint of flour, two tablespoonfuls of sugar, one and a half of salt; strain it, and add one pint good baker's yeast, or two or three cakes of dry yeast. If kept cool, this yeast will be good for a month, and a small quanity of it will do to raise fresh yeast with.

Potato Yeast.

Boil a pint of hops in a quart of water. Steam and mash five medium-sized potatoes. Pour the water strained from the hops over the potatoes. Stir while boiling hot. Add a little salt and sugar. Sift in enough flour to thicken it; stir well. When almost cold, add one cake compressed yeast dissolved, or about a pint of baker's yeast.

Yeast That Will Keep.

Boil three ounces of hops in three quarts of water. Pour over one cup and a half of brown sugar. Stir a cup and a half of flour smooth in a little water, and pour it in the mixture. Set it in a warm place till it ferments. Then boil and mash eight good-sized potatoes. Add them and one cup of salt. This yeast will not sour.

Good Yeast.

Put a quarter of a pound of hops in seven quarts of water. Let it boil half an hour. Strain, and add two teacups of brown sugar. Set it away for three or four days, but stir it occasionally during this time. Then boil half a dozen ordinary sized potatoes. Boil the hop water, and strain the potatoes through a colander into it when hot. Let it stand twelve hours, then put into a jug and set away. Shake it thoroughly before using. Half a teacupful will be sufficient for three loaves.

Yeast Cakes.

Tie up one quart of hops in a coarse muslin bag. Boil for half an hour in two quarts of water, with one quart of potatoes, pared and sliced. At the end of that time, take out the bag of hops and strain the hop water and potatoes through a colander. While it is hot, stir in a coffe cup of corn meal. Work well, and roll out thin. Cut into small cakes, and dry in the sun. If this is impossible, dry in a warm, not hot, oven. When fully dry, they can be put away, tied up from the air in a bag. These cakes will remain good four or five weeks, in summer; in winter, twice as long. Before using, soak in warm water until soft. Put in as much soda as will lie on a ten cent piece to each cake. One round cake, three inches across, will make a common sized loaf of bread.

Potato Yeast.

Boil six good sized potatoes soft in two quarts of water. Mash them fine, with a gill of flour and two tablespoonfuls of white sugar. Wet with the water in which the potatoes were boiled. When nearly cold, add a gill of good baker's yeast, and set aside to ferment. Bottle and put in a cool place ready for use.

Excellent Bread.

Put two quarts of flour in a pan. Stir in a little milk and warm water. When the flour and water are only partially mixed, add one cup of hops and potato yeast. Stir this and add the rest of the water, then beat up thoroughly with a spoon. Leave it in a moderately warm place all night. Next morning stir in flour and water enough to make four loaves; add flour enough to make a stiff dough. Knead well, and leave it to rise again. When sufficiently light, make into loaves, using only a little flour. Put it in pans and let it rise. When risen sufficiently, bake in a moderate oven. This bread is excellent.

Mrs. Brown's Bread.

Two cups of boiling water; two cups of new milk. Stir well, then thicken with flour about like griddle cakes. Pour into a jar or tin pail, and set in a kettle of lukewarm water. Stir occasionally. It will rise in five or six hours. Mix, and put in a little salt. Form into loaves as soft as possible. Set early in the morning, and it will be ready for the oven early in the afternoon

Bread.

Sift five quarts of flour, add a half pint of yeast and a little salt, add milk and water enough to be able to knead it. Knead thoroughly, adding flour if necessary. Set at night if convenient. Next morning make into loves and bake in a moderate oven.

Good Bread.

Make your sponge over night. Take a pan of flour, about one quart, and make a hole in the center of the flour. Pour in a quart of warm water and milk. Mash six potatoes and mix them in the flour, together with one teaspoonful of soda, three tablespoonfuls of sugar, and lastly, a cup of hop and potato yeast to every four loaves you wish to make. Place a thin cloth over the pan, and let it set over night in a moderately warm place. After it has risen in the morning, sift flour in your bread bowl, about one quart and a half for each good sized loaf. Pour your sponge, which should be very light, into the middle of the bowl of flour. Work the flour in, adding water if necessary. Have it as soft as you can conveniently mold it. Then knead it into a ball, always working toward the center. If your hands and the bottom of the bowl are kept well floured, it will not stick. Knead thoroughly for half an hour. Leave the ball of dough, sprinkled with flour, and lightly covered, to rise again. It will rise light enough in from four to six hours, according to the weather. It should be three times its former size, and seamed on the top. Knead thoroughly on the floured bread board for twelve minutes; then make into loaves. Place the loaves side by side in a pan, and set them in a warm place to rise again. In about an hour they will be ready to put in the oven, which shonld be only moderately hot. A good authority says, "If you cannot hold your bare arm in the oven while you count thirty, it is too quick." Keep a uniform heat. If the crust begins to form too quickly, put paper over the tops of the loaves. The bread will be baked in about an hour. Take the loaves out and set them on their sides to cool, so that the air can circulate around them. This prevents "sweating." When thoroughly cool, wrap in a cloth and put away in the bread box.

New England Brown Bread.

One quart of rye flour, to one quart of scalded corn meal. Add four tablespoonfuls of molasses and four tablespoonfuls of yeast. Pour in a little warm water and stir thoroughly. Set it in a mod-

erately warm place to rise. When light, stir again, and put in pans to rise again. Steam three-quarters of an hour, then bake half an hour. This bread is excellent.

Graham Bread.

This bread ought to be the bread of general use. It is fast becoming popular, as it deserves to do. The fine, white, bolted flour, so commonly used, has been deprived of its most valuable qualities, by that bolting. The general use of Graham flour should be encouraged. Almost everyone who uses it for a time, learns to like it better than the white. Its sweetness and strength make the latter seem insipid to the taste. The sponge is prepared precisely the same as for white bread. Use a half cup of corn meal to every two quarts of Graham flour. If you wish a light color, mix the Graham flour with one-fourth the amount of white flour. Add a teaspoonful of salt. Stir this into the sponge, and add a half a cupful of molasses for every good sized loaf. Have the dough soft. Add water if necessary. Knead thoroughly, as with white bread, and set in a warm place to rise. When light enough, knead again, and make into loaves. Let it rise again for one hour. Then bake slowly. The rising and baking takes longer than with white loaves.

Boston Brown Bread.

One quart Graham flour, one pint corn meal, mixed with one-half tea-cup of molasses, one pint butter-milk, or sour milk, one pint water, one teaspoonful soda and a little salt. Put into a covered jar or tin pail, covered tightly, and boil four and one-half hours in a pot of water.

Steamed Brown Bread.

One pint rye meal, the same quantity of fine flour and corn meal, one tea-cup of molasses, one teaspoonful of soda, two cups sour milk, one egg well beaten, and a little salt. Mix well. Steam three and one-half hours, then bake half an hour in a moderate oven.

Corn Bread.

One pint corn meal, one pint sour milk, two eggs, well beaten, a tablespoonful of brown sugar, one tablespoonful of drawn butter, half a teaspoonful of soda, and a little salt. Bake in square pans in a hot oven. This is excellent.

Southern Corn Bread.

One cup utter-milk, one cup sweet milk, two eggs, well beaten, one-half teaspoonful of soda. Stir well. Then add two and one-half cups of corn meal, sifted, and two tablespoonfuls of butter. Pour in a greased pan, and bake in a hot oven for about half an hour. Try with a broom straw to see if it is done.

Graham Fruit Bread.

Mix unsifted Graham flour with raisins, chopped figs, currants and dates, in equal quantities. Mix with ice water, and stir quickly, to make it light. Have the mass quite stiff. Then knead briskly. Cut in cakes, as desired, and bake in a quick oven. It will rise, and be delicious.

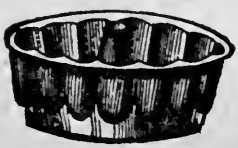
Light Rolls.

When making light bread, take sufficient for two loaves, and add the white of an egg, beaten up with a tablespoonful of ginger and two tablespoonfuls of butter. Mix together thoroughly with the dough. Roll out on the board, and cut with the biscuit cutter. Rub a little melted butter on the top. Set in a warm place to rise. When light enough, bake in a moderate oven. They will be very nice, served hot, for breakfast or supper.

Kitchen Utensils.

To aid young house-keepers in their selection of some of the most needful kitchen articles, we subjoin the following plates, representing convenient and economical vessels and utensils. Much time and labor is saved by having at hand just the proper articles to use in baking, or preparing food.

FIG. I.



2 QT. CAKE MOULD.

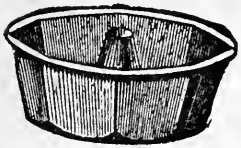
FIG. II.

3 QT. PUDDING MOULD.

FIG. III.

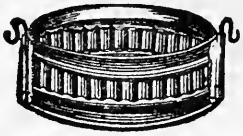
2 QT. CAKE MOULD.

FIG. IV.



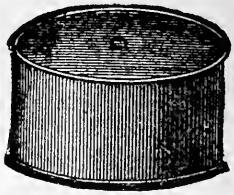
3 QT. CAKE MOULD.

FIG. V.



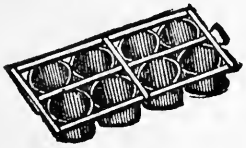
TIMBALE MOULD.

FIG. VI.



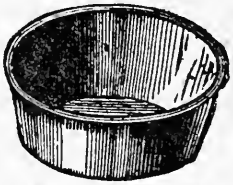
PUDDING MOULD.

FIG. VII.



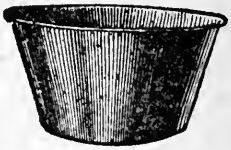
MUFFIN PANS.

FIG. VIII.



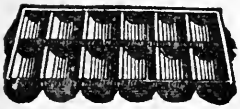
OVAL PUDDING PAN.

FIG. IX.



LEMON CAKE PAN.

FIG. X.

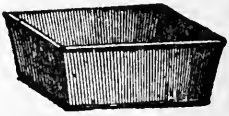


CAST GEM PANS.

FIG. XI.

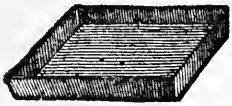
WASH BRUSH.

FIG. XII.



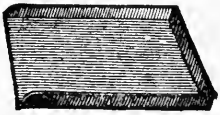
TIN BREAD PAN.

FIG. XIII.



SQUARE CAKE PAN.

FIG. XIV.



BAKING SHEET.

FIG. XV

ONE GALLON ICE CREAM FREEZER.

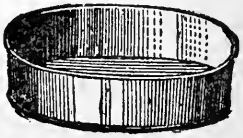
FIG. XVI.

FLOUR SIEVE.

FIG. XVII.

MUFFIN RINGS.

FIG. XVIII.



OVAL TIN PAN.

French Rolls.

One quart of flour, one-half cup of hop yeast, half tea-cup of butter, and water enough to wet. Mix well, and let it rise over night. Roll out thin and cut into squares. Butter each, and roll up. Set to rise. When light, bake in a moderate oven for half an hour. They are very nice. Use pan like Fig. XIII.

Steamed Corn Bread.

One pint of corn meal, one cup of flour. Scald the meal with boiling water. Add the flour and one-half pint of sour milk, one cup molasses, one teaspoonful soda, and a little salt. Steam for two hours and a half.

Graham Rolls.

Mix three pints of Graham flour with milk enough to make a pretty stiff batter. Put in half cup of yeast. Let it set over night. In the morning, add two tablespoonfuls of sugar, three eggs, half a teaspoonful of soda, a tablespoonful of butter, and a pinch of salt. Drop in cups and let it rise for half an hour. Then bake in a brisk oven. They are delicious.

Corn Meal Rolls.

Make one quart of mush. When boiled, add two tablespoonfuls of butter, and salt to the taste. Let it become quite cool, then add half a cup of yeast. Let it rise six hours, then add one teaspoonful of soda. Then work in a handful of white flour. Let it set over night in a moderately warm place. In the morning, make into biscuits. Put them in a pan, and let them rise for an hour. Bake in a quick oven.

Biscuit.

One quart of flour, one pint of sweet milk, one tablespoonful of butter, one tablespoonful of white sugar, one-half of a home-made yeast cake, as described before, or one quarter of a package of compressed yeast. Stir all together in the middle of the flour. Set it to rise until morning. Then mix all thoroughly, knead well, flour lightly and set to rise again. When light enough, roll on the board, and cut out into thin biscuits. Set in a pan to rise. When well risen, bake for twenty minutes in a quick oven.

French Biscuits.

Beat together one cup of sugar, one egg, one cup of butter, and half a cup of sour milk. Put in half a teaspoonful of soda. Use flour enough to mould. Roll on a board, cut into biscuits, and bake in a quick oven.

Potato Biscuit.

Select three large white potatoes; boil and mash fine. Stir in boiling water till it is thick as gruel. Add a little sugar, and when cool, a tea-cupful of yeast. Let rise. Then take one-half pint of hot sweet milk, and two tablespoonfuls of drawn butter. Salt a little, and add flour enough to make a stiff batter. Let it rise for four hours. Then work thoroughly fifteen or twenty minutes. Set to rise again. Roll out thin, and cut with a biscuit cutter. Lay half of each biscuit over the other, as in rolls. Butter each one. Let rise in the pan, and bake for twenty minutes.

Sally Lunn.

One pint of flour, one egg, one tablespoonful of butter, one cup of milk, one and a half teaspoonfuls of Royal Baking Powder, and a little salt. Rub all in the flour. Stir all together thoroughly. Pour in pan, Fig. XII, and bake for half an hour in a hot oven.

Old Fashioned Sally Lunn.

Beat up four eggs, add one-half tea-cup of drawn butter, one-half pint lukewarm milk, one cup warm water, one-half tea-cup of yeast, a pinch of salt, and one-half teaspoonful of soda. Beat all together with one quart of flour, to about the consistency of pan-cake batter. Butter a tin basin, or pudding dish, like Fig. VIII, and pour in. Set away to rise. It will be light enough to bake in five or six hours. Put in a moderately hot oven and bake forty minutes. It is delicious for breakfast or supper.

Boston Brown Bread.

Flour one-half pint, one pint corn meal, one-half pint rye flour, two potatoes, one teaspoonful salt, one tablespoonful brown sugar, two teaspoonfuls Royal Baking Powder, one-half pint water. Sift flour, corn meal, rye flour, sugar, salt and powder together thoroughly. Peel, wash and boil well two mealy potatoes, rub them through sieve, diluting with water. When this is quite cold, use it to mix flour, etc., into batter like cake; pour into well greased

mould, Fig. VI, having a cover. Place it in saucepan one-half full of boiling water, where the loaf will simmer one hour, without water getting into it. Remove it then, take off cover, finish by baking in fairly hot oven thirty minutes.

Delicate Graham Bread. (For Invalids).

One pint Graham flour, one pint flour, one teaspoonful sugar, one of salt, two of Royal Baking Powder. Sift all well together, rejecting coarse bran left in sieve. Add one and one-half pints of milk. Mix quickly into smooth, soft dough. Bake in two small greased tins, Fig. XII, twenty-five minutes. Protect with paper ten minutes.

Oatmeal Bread.

One-half pint oatmeal, one and one-half of flour, one-half teaspoonful salt, three of Royal Baking Powder, three-fourths pint of milk. Boil oatmeal in one and one-half pints salted water one hour; add milk; set aside until cold. Then place in bowl, sift together flour, salt and powder, and add. Mix smoothly and deftly. Bake in greased tin, Fig. XII, forty-five minutes; protected with paper twenty minutes.

Quick Soda Biscuit.

Rub one teaspoonful of soda, and two teaspoonfuls of cream tartar into one quart of flour. Then rub into the flour two tablespoonfuls of butter. Pour in half a pint of sweet milk, or cold water, add a little salt. Work the dough into shape as quickly as possible. It should be soft as you can handle. Roll and cut into biscuits half an inch thick, and bake in a quick oven. They are delicious,—light, flaky and white. Three teaspoonfuls Royal Baking Powder may be substituted for the soda and cream tartar. We can recommend this baking powder as free from all injurious properties, and perfectly pure.

Breakfast Biscuit.

Take one quart sweet milk, one-half cupful melted butter, a little salt, two tablespoonfuls Royal Baking Powder, flour enough to make a stiff batter; do not knead into dough, but drop in buttered tins from a spoon. Bake in a hot oven—unless it is hot they will not be light and tender.

Cream Biscuits.

Half a cup of sour cream, one pint sweet milk, two teaspoonfuls of cream tartar, one of soda, and a little salt. Mix with sufficient flour to mould out smoothly, and bake in a quick oven.

Graham Biscuits.

One pint of Graham flour, one cup of white flour, two tablespoonfuls of butter, two heaping teaspoonfuls of cream tartar, one of soda, a little salt. Mix with sweet milk or water, and bake in a quick oven, using a pan similar to Fig. XIII.

Rye Biscuits.

One-half pint rye meal, a cup and a half of wheat flour, four tablespoonfuls of molasses, one egg, a pinch of salt, a half pint of sour milk, and two scant teaspoonfuls of soda. Bake quick.

Abernethy Biscuit.

Three pints flour, two tablespoonfuls sugar, one teaspoonful salt, one and one-half teaspoonfuls Royal Baking Powder, four tablespoonfuls butter and suet mixed, two tablespoonfuls caraway seeds, two eggs, one pint milk. Sift together flour, sugar, salt and powder, rub in shortening cold, add seeds, beaten eggs, and milk; mix into smooth, firm dough. Flour the board, turn out the dough, give it a few quick, vigorous kneadings, roll out to thickness of one-fourth inch. Cut into biscuits the size of pudding saucer, prick with fork, lay on greased baking tin, Fig. XIV, bake in rather hot oven fifteen minutes. Store when cold.

English Biscuits.

One and one-half pints flour, one coffee-cupful corn starch, three tablespoonfuls sugar, large pinch salt, two teaspoonfuls Royal Baking Powder, three tablespoonfuls butter, one egg, one-half pint milk, one-half cup currants, one tablespoonful coriander seed (if desired). Sift together flour, corn starch, sugar, salt and powder; rub in shortening cold, add eggs beaten, milk, currants (well washed), picked and dried, and coriander seeds; mix into smooth dough, soft enough to handle. Flour the board, turn out dough, roll to one-half inch thickness, cut with round cutter, lay them on greased baking tin (Fig. XIV), bake in rather hot oven twenty minutes. Rub over with little butter on clean piece of linen, when taken from oven.

Lemon Biscuit.

One cupful butter, two and one-half cupfuls sugar, four eggs, one and one-half pints flour, one teaspoonful Royal Baking Powder, one teaspoonful Royal Extract *Lemon.* Mix the butter, sugar, and beaten eggs, smooth; add the flour, sifted with the powder, and the extract. Flour the board, roll out the dough one-fourth inch thick, and cut out with large round cutter; lay out on a greased tin, Fig. XIV, wash over with milk, and lay a thin slice of citron on each. Bake in hot oven ten minutes.

London Crumpets.

One and one-half pints flour, one-half teaspoonful salt, one teaspoonful sugar, two teaspoonfuls Royal Baking Powder, one egg, nearly a pint milk and cream in equal parts, one teaspoonful Royal Extract *Cinnamon.* Sift together flour, salt, sugar and powder; add beaten egg, milk, cream and extract; mix into rather firm batter, half fill large, greased muffin rings, Fig. XVII, on hot, well greased griddle; bake on one side of them only. Serve hot, with cottage cheese.

Sugar Biscuit.

One and one-half pints flour, pinch salt, one coffee-cupful sugar, two teaspoonfuls Royal Baking Powder, one tablespoonful butter, two eggs, one-half pint milk, one teaspoonful Royal Extract *Nutmeg.* Sift together flour, salt, sugar and powder; rub in a little butter; add beaten eggs and milk; mix in smooth batter, as for muffins; drop with tablespoon on greased baking tin, Fig. XIV; sift sugar over tops. Bake in hot oven eight or ten minutes.

Buns.

One pint light bread dough, one cup sugar, two eggs, spice to taste, add a handful of English currants or chopped raisins. Mould and set to rise. When light enough, bake in a moderately hot oven.

Mother's Buns.

One-half pint of milk, lukewarm, one-third of a cake of compressed yeast, a little salt. Mix with flour for sponge. Set in a warm place to rise. Then add a cup of sugar, a beaten egg, four tablespoonfuls drawn butter. Work thoroughly, and let it rise again. Cut into squares, and fold half over each other, like rolls. Put in pan, Fig. XIV, and set in a warm place to rise. When light, bake for twenty minutes in a pretty hot oven. Very good.

Rusks.

One and one-half pints flour, one-half teaspoonful salt, two tablespoonfuls sugar, two teaspoonfuls Royal Baking Powder, two tablespoonfuls butter, three eggs, one teaspoonful each, Royal Extract *Nutmeg* and *Cinnamon*, three-fourths pint milk. Sift together flour, salt, sugar and powder; rub in butter cold; add milk, beaten eggs and extracts. Mix into dough soft enought to handle; flour the board, turn out dough, give it a quick turn or two to complete its smoothness. Roll them under the hands into round balls size of a small egg; lay them on greased shallow cake pan, Fig. XIII, put very close together; bake in moderately heated oven thirty minutes; when cold sift sugar over them.

Excellent Rusks.

Two cups sweet milk, half a cup of yeast. Flour enough to make sponge. Set away to rise. When light add one coffee-cup of white sugar, three eggs and four tablespoonfuls of butter. Spice to taste. Work well, and put in pan, Fig. XIII. Let rise again, then bake in moderate oven twenty-five minutes. Dissolve two tablespoonfuls of sugar in a little milk, wet the top of each and set for a minute in the oven.

Mrs. W.'s Muffins.

One-half pint sweet milk, two tablespoonfuls of sugar, one egg, well beaten, three teaspoonfuls baking powder, and flour enough to make a thick batter. Stir well, and bake for twenty minutes in a quick oven.

English Muffins.

One quart flour, one-half teaspoonful sugar, one teaspoonful salt, two large teaspoonfuls Royal Baking Powder, one and one-fourth pints milk. Sift together flour, sugar, salt and powder; add milk, and mix into smooth batter, trifle stiffer than for griddle cakes. Have griddle heated regularly all over, grease it and lay on muffin rings, Fig. XVII, half fill them, and when risen well up to top of rings, turn over gently with cake turner. They should not be too brown, just a buff color. When all cooked, pull each open in half, toast delicately, butter well, serve on folded napkin, piled high, and very hot.

Graham Muffins.

One quart Graham flour, one tablespoonful brown sugar, one teaspoonful salt, three teaspoonfuls Royal Baking Powder, one egg, one pint milk. Sift together Graham, sugar, salt and powder, add beaten egg and milk; mix into batter like pound cake; muffin pans, Fig. VII, well greased, two-thirds full; bake in hot oven fifteen minutes.

Oatmeal Muffins.

One-half pint oatmeal, one pint of flour, one teaspoonful of salt, two teaspoonfuls baking powder. Sift together. Rub in one tablespoonful of butter, beat two eggs, and add them, with one pint sweet milk. Stir into a smooth batter about like that for griddle cakes. Bake in muffin pans, Fig. VII, in a quick oven. They will be done in twenty minutes. They should not brown, but be a delicate buff color.

Graham Gems.

One pint sweet milk, one-half cup sugar, one teaspoonful cream tartar, half a teaspoonful soda. Mix with Graham flour to a stiff batter. Drop into gem pans, and bake quick.

Rusks.

One cup warm milk, three tablespoonfuls baker's yeast, two eggs, one cup of sugar, three tablespoonfuls butter. Beat the eggs and sugar together. Rub the butter into the flour. Mould and let rise over night. In the morning it will be very light. Roll out and put in pan, Fig. XIV, and bake in a quick oven for half an hour.

Pop Overs.

One pint of milk, one cup of flour, three eggs beaten, a pinch of salt, two tablespoonfuls of butter. Stir well. Bake in a quick oven.

Corn Pop Overs.

Make the same as the wheat, only use corn meal instead of flour.

Puffs.

One-half pint of milk, one-half pint of flour, one tablespoonful of butter. Beat separately two eggs; stir quickly. Drop into hot gem pans, and bake quickly.

Graham Puffs.

Same as previous recipe, but use Graham flour. Delicious.

Waffles.

One cup sour milk, two tablespoonfuls drawn butter, two eggs, a scant half-teaspoonful soda, a little salt. Beat the eggs separately. Stir with flour into a thick batter. Bake in waffle irons.

Rice Croquettes.

Boil a handful of rice in milk. When swelled, add two well beaten eggs, a little butter, flavoring, salt and sugar. Let boil till very thick. Lay the rice on a board, cut in squares, roll in cracker crumbs, and fry brown in butter.

Breakfast Cakes.

Two cups flour, half a pint sweet milk, a little salt, two eggs well beaten. Stir well. Bake in muffin pans, Fig. VII, in a quick oven.

Green Corn Cake.

Grate one pint of sweet corn, half a tea-cup sweet milk, one-half a tea-cup melted butter. Drop by spoonfuls in hot butter. Fry quickly.

Griddle Cakes.

One pint milk, or half milk and water warmed, a little salt, one-half cup flour, three tablespoonfuls yeast, one egg well beaten. Set to rise over night. Bake on hot griddle iron, on both sides.

Graham Griddle Cakes.

One pint Graham flour, one-half pint corn meal, one-half pint flour, one heaping teaspoonful brown sugar, one-half teaspoonful salt, two teaspoonfuls Royal Baking Powder, one egg, one-half pint each of milk and water. Sift together Graham flour, corn meal, flour, sugar, salt and powder. Add beaten egg, milk and water. Mix together into a smooth batter, without being too thin, (if too thick it will not run, but break off and drop). Heat griddle *hot*, pour batter into cakes as large as a tea saucer. Bake brown on one side, carefully turn and brown other side. Pile one on the other; serve very hot, with sugar, milk cream, or maple sirup.

Geneva Griddle Cakes.

One and one-half pints flour, four tablespoonfuls sugar, one-half teaspoonful salt, one and one-half teaspoonfuls Royal Baking Powder, two tablespoonfuls butter, four eggs, nearly one-half pint milk. Rub to white, light cream butter and sugar; add yolks of eggs, one at a time. Sift flour, salt and powder together; add to butter, etc., with milk and egg whites whipped to dry froth; mix together into a smooth batter. Bake in small cakes; as soon as brown, turn and brown the other side. Have buttered baking tin; fast as browned, lay them on it, and spread raspberry jam over them; then bake more, which lay on others already done. Repeat this until you have used jam twice, then bake another batch, which use to cover them. Sift sugar plentifully over them, place in a moderate oven to finish cooking.

Huckleberry Griddle Cakes.

One-half pint huckleberries, one and one-half pints flour, one teaspoonful salt, one tablespoonful brown sugar, two teaspoonfuls Royal Baking Powder, two eggs, one pint milk. Sift together flour, sugar, salt and powder; add beaten eggs, milk and huckleberries, (washed and picked over). Mix into batter that will run from pitcher in thick, continuous stream. Have griddle hot enough to form crust as soon as batter touches it. In order to confine juice of berries, turn quickly, so as to form crust on other side. Turn once more on each side to complete baking. Blackberry or Raspberry Griddle Cakes in same manner.

Oatmeal Griddle Cakes.

One-half pint oatmeal, one-half pint flour, half a teaspoonful sugar, one teaspoonful baking powder sifted in with the flour, a little salt, cold water enough to make a batter. Beat well, and bake quick on hot griddle.

Rice Griddle Cakes.

Two cupfuls cold boiled rice, one pint flour, one teaspoonful sugar, one-half teaspoonful salt, one and one-half teaspoonfuls Royal Baking Powder, one egg, little more than one-half pint milk. Sift together flour, sugar, salt and powder; add rice, free from lumps, diluted with beaten egg and milk; mix into smooth batter. Have griddle well heated, make cakes large, bake nicely brown, serve with maple sirup.

Crushed Wheat Griddle Cakes.

One cupful crushed wheat, one and one-half pints flour, one teaspoonful brown sugar, one-half teaspoonful salt, two teaspoonfuls Royal Baking Powder, one egg, one pint milk. Boil one cupful crushed wheat in three-fourths pint of water one hour, then dilute with beaten egg and milk. Sift together flour, sugar, salt and powder; add to crushed wheat preparation when quite cold, mix into smooth batter. Bake on hot griddle. Brown delicately on both sides. Serve with Hygienic Cream Sauce.

Indian Griddle Cakes.

Two-thirds quart corn meal, one-third quart flour, one teaspoonful brown sugar, one-half teaspoonful salt, two heaping teaspoonfuls Royal Baking Powder, two eggs, one pint milk. Sift together corn meal, flour, salt, sugar and powder, add beaten eggs and milk, mix into smooth batter. Bake on very hot griddle to nice brown. Serve with molasses or maple sirup.

Rye Griddle Cakes.

One pint rye flour, one-half pint Graham flour, one-half pint flour, one tablepsoonful sugar, one-half teaspoonful salt, two teaspoonfuls Royal Baking Powder, one egg, and one pint milk. Sift together rye flour, Graham, flour, sugar, salt and baking powder, add beaten egg and milk, mix into smooth batter. Bake deep brown color on hot griddle.

Buckwheat Cakes.

One pint buckwheat flour, half a teacup of corn meal, a tablespoonful of molasses, half a teaspoonful of salt. Add warm water to make a thin batter. Stir well, and set in a warm place over night. In the morning, add a little soda, and bake on hot griddles.

Quick Buckwheat Cakes.

To one and one-half pints pure buckwheat flour, add one-fourth pint each wheat flour and Indian meal, three heaping teaspoonfuls Royal Baking Powder, one teaspoonful salt, one tablespoonful brown sugar or molasses. Sift well together in dry state, buckwheat, Indian meal, wheat flour and baking powder, then add remainder. When ready to bake, add one pint water, or sufficient to form smooth batter, that will run in a stream (not too thin) from a pitcher. Make griddle hot, and cakes large as a saucer. When surface is covered with air holes, it is time to turn cakes over. Take off when sufficiently browned.

Flannel Cakes.

One and one-half pints flour, one tablespoonful brown sugar, one teaspoonful salt, two heaping teaspoonfuls Royal Baking Powder, two eggs, one and one-half pints milk. Sift together flour, sugar, salt and powder, add beaten eggs and milk, mix into smooth batter, that will run in rather continuous stream from pitcher. Bake on good hot griddle, rich brown color, in cakes large as tea saucers. (It is not in good taste to have griddle cakes larger.) Serve with maple sirup

Oatmeal Porridge.

Soak one-half cup of oatmeal in water over night. Let simmer gently in the morning, till well swelled. Then boil in oatmeal boiler, or in a tin pail. Set in a pot of boiling water for half an hour. Serve hot with milk.

Corn Meal Mush.

Boil one quart of water in a kettle. Add a little salt. When boiling, stir in corn meal, sifting slowly from the hand. When about the consistency of batter, let boil slowly, stirring occasionally, until thick enough to suit. The meal will then be well cooked.

The juice of meat is the great necessity for good soups. A few general directions for soups may be found useful. Chop the soup bones pretty thoroughly, and boil them till the meat drops off. Set in a cool place till the fat rises to the top of the pot and hardens, skim off clean. Then add vegetables and seasoning and put on the fire again. Boil till the vegetables are all soft and broken up, then strain and serve. The French

always keep the pot on for soup. Bits of uncooked meats left from that which is provided for each meal, with the odds and ends of vegetables make a good soup; and with them are never wasted. A good way in winter, is to make a stock of scraps of good, uncooked meat and bones. Boil down well, skim all the fat off, and strain into jars, which should be covered and kept cool. This stock will keep well for weeks in winter, and, with it good soup can be manufactured at short notice.

The many variations in soup are mostly produced by the different vegetables, herbs, etc., used as seasoning.

RECIPES.

Beef Soup.

Have a beef's shank chopped into convenient pieces at the butcher's. Put them in a kettle and cover with water. Put a close cover on, and boil till the meat drops from the bones. Strain through a collander, and let it set over night in a cool place. In the morning, the fat will be hard on the top. Skim carefully, and put over the fire. Slice a carrot, onion and turnip and fry them brown and use for seasoning. Boil slowly for an hour. Just before dishing, add a very little sugar, five cloves, ten kernels allspice and a teaspoonful of celery salt. Strain again, and serve.

Maccaroni Soup.

Boil half a pound of maccaroni until tender, using only sufficient water to cover it well. Break up a five pound joint of veal. Cover it with water and boil slowly for from three to five hours. Strain, add the maccaroni and water, season to taste with salt, pepper and celery, add cream or milk if desired. Delicious.

Julienne Soup.

Cut up three onions, and fry them brown in a little butter. Season with salt, pepper and mace, add three spoonfuls of strong stock. Add turnip, celery and carrot, cut fine. Throw in a few green peas. Boil until the vegetables are tender. Strain for the table.

Mutton Broth.

Boil a leg of mutton until the meat drops off. Season with salt, pepper, and a spoonful of summer savory. Add one egg well beaten, with a little flour and milk. Stir this into the soup, and boil for a few minutes.

Chicken Broth.

Cut the chicken up, and boil till thoroughly tender. Beat up a little corn starch in sweet milk. Stir into the boiling soup. Add a spoonful of butter, and pepper and salt to taste.

Vermicelli Soup.

Boil any meat desired, lamb and veal are best, flavor with vegetables as desired, pepper and salt to taste. Boil a pound of vermicelli till it is tender. After straining the soup, add the vermicelli. Boil together for a few minutes, and serve.

Tomato Soup.

Add to one pint of tomatoes, cut fine, a quart of boiling water. Let it set and boil slowly. Add a little soda, a cup of sweet milk, a tablespoonful of butter, salt and pepper. Let boil well, then add half a dozen small oyster cracker crumbs. Excellent. Other vegetables may be added if desired.

Tomato Soup.

Boil any meat desired five hours. Strain. Add one quart tomatoes; boil one hour and a half, add pepper and salt, and strain again.

Mock Turtle Soup.

Soak one pint black turtle beans for twelve hours. Chop up a beef shank, and put on to boil with the beans. Put in salt, pepper, and a few cloves. Cover the bones with water, and boil for six hours, add two eggs well beaten, press through a collander, and serve with slices of lemon.

Gumbo Soup.

Two quarts tomatoes stewed for half an hour, add two quarts okra, shredded, flavor with thyme, onion and parsley. Boil slowly together till tender. Stew one chicken, season with butter. Beat the yolks of two eggs with a tablespoonful of vinegar. Put this mixture, with the chicken, into the kettle of tomatoes. Cover all with water, and boil for four hours. Season to taste. Very nice.

Bean Soup.

One-half pint beans, two quarts of water and a small chopped soup bone. Boil two and one-half hours, beat one-half tablespoonful of flour smooth with milk. Stir in while boiling, season to taste. Pea soup may be made in the same way, except that the pod should be boiled for half an hour, and the water added to the soup.

Potato Soup.

Boil half a dozen good sized potatoes with a little celery, parsley and onions, chopped fine. Brown a few slices of dry bread in butter, cut fine. Pour the soup over these, and serve at once.

Noodle Soup.

Beat three eggs well. Rub into them all the flour you can. Roll out very thin; then roll the sheet up tightly, cut little slices from the end, shake into long strips and drop into the soup. Boil fifteen minutes.

Oyster Soup.

Boil one pint of water in a saucepan. Add one pint perfectly sweet milk. Add salt, pepper and butter to suit the taste. As soon as it boils, add a pint of fresh oysters. Stir briskly till it boils up, then take off at once, and dish up.

Clam Soup.

Boil together two sliced onions, one quart of water and one of milk, three potatoes chopped fine, a teaspoonful of flour beaten into an egg, and a tablespoonful of butter, when well boiled pour into it a pint of clams. Boil five minutes. Pepper and salt to taste, and add a little Worcester sauce if desired.

FISH.

Prepare the fish carefully, then let them set in cold salt water for half an hour. Large fish are usually baked or boiled, and small fish broiled or fried.

Boiled Fish.

Tie the fish up in a cloth, after dusting it with a little salt and pepper. Put it in a kettle of cold water, to which you may add a little vinegar. When the water boils watch carefully, and do not let the fish remain more than three minutes. The flavor is destroyed by long boiling. Whitefish is best simmered slowly for half an hour, but not boiled.

Sauce for Boiled Fish.

Beat up one egg with two tablespoonfuls of drawn butter, add one pint of boiling water, stir for two minutes and let boil, add two or three hard boiled eggs, chopped.

Baked Salmon or Halibut.

Let the fish lay for twenty minutes in cold salt water. Place it on a gridiron, across a dripping pan and bake in a moderately hot oven for an hour, if the fish is large. Half that time will be sufficient for a small fish. Butter the top just before serving, and put back in the oven for a minute to brown nicely. To the gravy that has dropped into the dripping pan, add one tablespoonful of Worcestshire sauce, one of tomato catsup, and the juice of one lemon. Beat a heaping teaspoonful of Graham flour in a little cold water, and thicken. Serve this sauce with the fish.

Baked Fish.

Mix half a pint of bread crumbs with six medium sized onions, chopped fine, a tablespoonful of butter, a little anchovy sauce, or catsup. Pepper and salt to taste. Stuff the fish with this mixture, and bake as usual. Serve with sauce made from the drippings. Pickerel, trout, black bass and shad are good cooked in this way.

Broiled Fish.

Let the fish set in cold salt water for twenty minutes, wipe dry, dust with pepper and salt and a little flour. Place on the gridiron with the inside down, and broil brown over the bright coals. Turn and brown both sides. Spread with butter and serve. Salt fish may be freshened over night, and broiled in this way to be very nice.

Salt Mackerel.

Soak for several hours in warm water. Tie in coarse cloth; put in cold water. As soon as it boils, turn off the water. Put in hot water, and when it comes to a boil, drain. Butter, salt and pepper to taste. Brown in the oven for two minutes. Garnish with sliced lemon, or serve with a nice fish sauce.

Codfish a la Creme.

Freshen two pounds of codfish over night. Put it on the fire in the morning, and scald it in fresh water, and drain it. Pick to pieces, add three tablespoonfuls of butter, a cup of sweet cream, a little pepper and salt, and two tablespoonfuls of Worcestshire sauce. Boil and mash fine eight potatoes. Put the fish with its dressing in a pudding dish. Spread the potatoes on the top, and bake half an hour. Let the surface brown nicely. Serve in slices. It is a delicious dish for breakfast or supper.

Croquettes of Fish.

Bone fish of any kind, chop thoroughly, season to taste. Beat up an egg with a little flour and milk. Roll into balls, dip in beaten egg, dredge with cracker crumbs, and fry in hot butter. Brown on both sides, and serve for breakfast. Salt fish, freshened over night, are very nice prepared in this way.

SHELL FISH

Stewed Oysters.

Take a can of oysters, drain off the liquor, and wash the oysters. Mix four tablespoonfuls butter, and one tablespoonful of flour. Stir with the oysters in a kettle. When the mixture boils, add half a pint of sweet milk. and a little salt and pepper.

Oysters on the Shell.

Wash well and broil on hot coals, or they may be baked in the oven for ten minutes. Be sure not to lose the liquor when you open them. They should be served immediately, on hot plates.

Escaloped Oysters.

Butter a pudding dish and lay on the bottom rolled cracker crumbs, then a layer of oysters. Alternate the layers of oysters and crackers till the dish is full. Season to taste. Add some of the liquor of the oysters, strained, so that no shells may be in it. Add cracker crumbs with two hard boiled eggs, chopped fine, and lay a pie crust over all. Bake quick, and serve hot.

Fried Oysters.

Dip the oysters one by one in beaten egg, then roll in cracker crumbs, seasoned with salt and pepper. Drop into hot butter, and let brown. Drain and serve on hot plates.

Clam Chowder.

Boil three small potatoes and two onions, cut fine. When soft, add two tablespoonfuls of butter. Salt and pepper, and add the juice of the clams. Beat one egg and add to the mixture. Put in one quart canned clams, chopped, or not, as you please. Cook for three minutes, and serve in bowls.

Fried Clams.

Beat three eggs thoroughly, add flour for a thin batter, with the liquor of the clams. Pepper and salt. Dip the clams in the batter, and fry in hot butter.

Clam Chowder.

One-half peck clams. Wash them clean to remove the sand, have a very little water boiling in a kettle over a hot fire, put in the clams, let boil about ten or fifteen minutes, or until they open. Skim out into a pan, save the water they were boiled in. When cool open with a knife. To make the chowder, have about one dozen good sized potatoes pared and sliced thin, three or four onions prepared the same, and a good pint of cracker crumbs. A porcelain lined kettle is best to make it in. Put in about one cup of butter, then a layer of potatoes, a little of the onion, a layer of clams, also of crackers, a sprinkle of pepper, and so on until the ingredients are all used. Add the water the clams were boiled in, and if that does not cover the chowder, add boiling water. Let cook over a gentle fire about half an hour. If it seems to be catching on, stir, but otherwise do not stir until done.

Fish Chowder.

(First catch the fish.) Have it nicely cleaned. Large fish make the best chowder. It is a good plan to remove all the bones possible, before making the chowder. Cod, halibut, lake trout, whitefish, or any fish will do, although these mentioned are best. Have about one-third as much fish as potatoes, the potatoes pared and sliced thin, three or four onions, sliced thin, about one pint cracker crumbs. A porcelain lined kettle is best to make it in. Put in about one cup butter, then a layer of fish, then potatoes, a little onion, and cover with cracker crumbs. Sprinkle with salt, a little pepper, and proceed in the same way until all the ingredients are used. Then pour in boiling water enough to cover, set over a good fire, and cook gently about an hour. If inclined to catch on the bottom, stir, but otherwise it is better not to stir until taken up. This is delicious, if seasoned right, and good enough for a king, although not a costly dish. A cup of sweet cream is an improvement.

Poultry should be killed from six to ten hours before it is eaten. It should, however, be carefully dressed as soon as killed. The abominable practice of selling undrawn fowls in the market should be discouraged by all good housewives. It is unclean and also unprofitable to the purchaser. The flesh becomes tainted through and through with the flavor of the entrails, and is unfit for food. City people are, in a manner, at the mercy of farmers and tradesmen. In the country, most people do not think fowls are fit for food, unless they have been shut up and fed on grain for a week or two, and have fasted for a day before they are

killed. This is right, and if purchasers would be more critical and exacting in the matter of health and cleanliness, we would see less objectionable food in the market. Fowls with distended craws, and undrawn, would cease to disgust us.

RECIPES.

Roast Turkey or Chicken.

Pick and draw with care, then wash in a number of waters. Rinse out the inside with soda water. Wipe dry; make a dressing of bread crumbs, mixed with a little butter, pepper, salt, herbs and hard boiled eggs, chopped fine. If you like oyster dressing, mince a dozen or so oysters, and add them, with their liquor, to the compound. Stuff the inside of the fowl with this. Dredge the outside with flour, pepper and salt mixed. Sew up with strong thread; tie the neck to prevent the stuffing from squeezing out. Put in the oven with a cup of water in the pan, and baste often. Allow fifteen minutes to the pound if the fowl is old. If young, ten will do. This rule allows for a brisk fire. Do not allow the skin to get darker than a rich brown. If there is danger of it getting darker, lay a sheet of writing paper over the top. Chop the giblets fine, stew them in water enough to cover them; add them to the gravy of the fowl; thicken with a little flour, beaten smooth in cold water. Boil up together and serve in a gravy dish. The gravy may be seasoned with celery salt.

Fricasseed Chicken.

Draw and wash two young chickens. Cut them up and put in a kettle with water enough to well cover them. Stew slowly for two hours, or until tender. Add two tablespoonfuls of butter, a little salt and pepper. When done, take the chicken out on a platter. Stir flour, beaten up with milk, into the gravy in the kettle. If preferred, chopped oysters may be added to the gravy, and a few onions chopped fine, and boiled very soft. Pour over the chicken and serve. Cream is to be preferred to butter in the gravy. Old, tough chickens may be cooked in this way, so as to be very nice if stewed long enough. Try them with a fork to see if they are tender.

Fried Chicken.

Clean and dress young chickens. Cut them in pieces; soak them in salt and water; sprinkle a little salt and pepper in a handful of flour. Roll the chicken in the flour, and fry in hot butter. Drain and dish them. Make a cream gravy in the pan in which the chickens were fried, and serve in a gravy dish. Do not pour it over the chickens.

Chicken Pie.

Make a nice pie crust, and line the bottom and sides of a pudding dish with it. Stew your chickens till they will drop off the bones. Then put part of them in the pudding dish, season with butter, pepper and salt. Lay a crust over this, and then put in more chicken. Cover all with a crust, and bake half or three-quarters of an hour. Put with the chicken the gravy that is with them.

Chicken Pie, No. 2.

Boil the chickens tender, having them cut in pieces. Make a rich crust, and some add an egg or two to make it light and "puff." Line a deep plate or dish with this crust. Lay in the chicken, the bones pointing toward the center, so that when it is cut you will not cut across a bone. Sprinkle each layer with cracker crumbs, salt and pepper. Then add the water they were boiled in, and cover with the crust, and bake an hour or an hour and a half. Some ornament the crust with fancy figures cut from the remnant of crust after trimming the pie, rolled thin, or in strips laid on crosswise.

Chicken Pates.

Take cold chicken that has been cooked in any way; mince fine. Make a sauce of a cup of new milk, thickened with a teaspoonful of corn starch, or flour, add a tablespoonful of butter, and pepper and salt to taste. Make a good puff paste, and line small pate pans with it. Bake quick. Fill the crusts in the pan with the chicken compound, and set in the oven to brown.

Pheasants, Partridges and Quails.

Clean and wash in several waters, putting a little soda in the last water. Dry with a towel. Stuff with dressing same as for chicken or turkey; sew up tight; tie down legs and wings. Steam them over hot water for an hour, or until done, then put them in a pan with a little butter and water. Baste frequently. They will brown nicely in fifteen or twenty minutes. Place them on a platter, and garnish with parsley and jelly.

Boiled Fowl.

Draw, wash and stuff as for roasting. Dip a coarse cotton cloth in cold water, and sew it around the fowl. Put in a kettle of boiling water. In this way the outside is cooked at once, and the juices are prevented from escaping. Boil slowly one hour and a half, or according to the age of the fowl, and toughness of fiber. Serve with jelly or a sauce made of the broth in which the fowl has been boiled, a little flour and butter, or cream and chopped oysters.

Chicken Croquettes.

Stew the chickens till the meat drops off the bones. Chop fine. Mix one pound boiled rice with one chopped onion, a little grated cheese and parsley and spice. Stir well, and add the beaten yolks of seven eggs. Mix with the chicken. Then beat five eggs and prepare bread or cracker crumbs. Mould the chicken compound in balls, or other shape, dip in the egg, roll in the cracker crumbs, and fry brown in hot butter. Serve hot.

Quail on Toast.

Clean nicely. Cut open down the back; salt, pepper, and dredge with flour. Crush them flat, and put in a pan with butter and a little water. Cover, and put in a hot oven till nearly done. Then fry in hot butter till brown. Toast slices of white bread, butter lightly, and place the quails on the toast. Dish each separately. Thicken the gravy in the pan with flour, browned a little, and pour over the quails and toast. Serve very hot. Delicious.

Pigeon Pie.

Prepare the pigeons as for roasting, and put a lump of butter in each one. Border a pudding dish with a puff paste. Lay veal cutlet, or a cut of tenderloin steak in the bottom of the dish. Place a layer of pigeons, breast downward, in the dish. Chop five hard boiled eggs and cover the pigeons with them. Put in a little veal broth, enriched with butter. Cover with a puff crust, and bake slowly one hour and a quarter.

There are a few general hints in the matter of cooking meats, which cannot fail to be of use to the young housekeeper, as they are gathered from years of experience and observation.

In making soups, put cold water on the soup bone. In heating the jucies escape into the water. But where you wish to preserve the juices in the meat, put it in hot water to boil, and keep the water boiling continually till done. When more water is needed, replenish with boiling water. When the scum first raises, skim it off, or it will boil into the meat and discolor it. Boil gently, and allow twenty minutes to a pound for fresh meat. Salt meat requires more time. Salt meat should be plunged in cold water to boil. It will then freshen while cooking.

In roasting meats have a good fire, and allow about twenty to twenty-five minutes per pound. If meat is tough, it should be cooked longer with a slower fire.

Roast Beef.

The sirloin and rib pieces are best for roasting. Salt, pepper, dredge lightly with flour, and place in the oven; baste frequently. For rare beef, a quarter of an hour to the pound is the rule, but the quality of the meat should determine the time. Thicken the drippings with browned flour, add a little Worcestshire sauce if you like it. Serve in a gravy dish. Some prefer the red juice from the meat, as it is carved.

Roast Beef with Yorkshire Pudding.

Roast the beef upon a grate laid across a dripping pan. Forty minutes before it is done, pour the pudding into the pan below, first having strained out the fat. Finish roasting the beef, which will drip on the pudding. The pudding will be done as soon as the beef. (Allow fifteen minutes to the pound if you like it rare, twenty, if well done.) Cut the pudding into squares. Dish the meat, and lay the squares of pudding around it.

Yorkshire Pudding.

Mix four tablespoonfuls of flour, with a pint of milk, three eggs, yolks and whites beaten separately, and a little salt. Make the batter thin. Bake in a shallow tin pan ten minutes, then put under the grate where the beef is roasting. Leave the pudding in the oven a few minutes after the beef is taken up. Before serving, pour off the fat from the top.

Broiled Beefsteak.

Put a gridiron over the hot coals. A steel gridiron, with slender bars, is to be preferred, as the broad bars seem to fry the steak. Have a platter with a little melted butter on it. When the steak is done on one side, lay it on the platter, the cooked side down for half a minute; then broil the other side, and serve it in the same manner. Sift a little salt and pepper on it; butter lightly; place in the oven for an instant, and serve at once on hot plates.

Beefsteak with Tomatoes

Broil as above, then pour over the steak tomatoes that have been boiled tender, and seasoned with salt, pepper and butter.

Beef Omelet.

Chop three pounds of raw beef. Mix with four eggs, well beaten, a tea-cup of rolled cracker crumbs, a little butter, pepper, salt, and some herbs. Make the mixture into loaves, roll in cracker cumbs, bake for an hour. Slice when cold, and serve for supper or breakfast.

Beef Stew.

Cut any kind of beef, the plate to be preferred, in small pieces. Boil slowly in just water enough to cover it. When half done, add a little raw potato, sliced fine, a few onions, and pepper and salt. Stew down till the liquor is a rich gravy. About two hours will be sufficient.

Corned Beef Boiled.

Put the meat in a kettle of cold water. Boil slowly for six hours. Take out the bone, and wrap in a cloth. Put a weight on it, and cool it on ice, till it cuts smooth. Very nice for supper or lunch.

Boiled Tongue.

Boil the tongue till thoroughly done. About two hours will be the average. Peel it, cut in thin slices; serve with tomato sauce or sliced lemon.

Beef or Veal Pie.

Make a crust something like tea biscuit, only a little shorter. Line a deep pie plate or dish with the crust. Take the cold pieces of meat left after baking or boiling, put in a layer of meat, sprinkle thick with cracker crumbs, a sprinkle of pepper and salt, and a piece of butter the size of an egg. Add hot water enough to moisten the cracker well. Lay on the upper crust, and ornament by cutting stars or rounds, laying on strips of crust rolled thin. Bake about an hour in a moderate oven. Serve with mashed potatoes, and it is quite nice cut in thin slices when cold, and served for lunch or supper.

Smothered Beef.

Take round steak cut about one inch thick. Lay in a dripping pan, and sprinkle thick with cracker crumbs, put bits of butter all over it, salt, and sprinkle with pepper, moisten with hot water, and set in a hot oven, and bake an hour. This is delicious.

Mutton.

Boil thoroughly in water seasoned with salt and pepper. Three hours is a medium. Serve with egg sauce, caper sauce or sour jelly.

Mutton Chops.

Trim the ends nicely, and fry for five minutes over a hot fire. Dip in beaten egg, roll in cracker crumbs, and bake in the oven. Baste with melted butter and water. This is much better than the usual way of frying them.

Roast of Veal.

Wash and wipe a leg of veal. Season with salt and pepper, dredge with flour, baste often, thicken the gravy with a little flour. A fillet of veal, roasted, may be stuffed with a dressing similar to that used for turkey and chicken.

Veal Stew.

Take a neck piece or shoulder of veal. Fry in a kettle with a little butter. When brown, add water; boil slowly. When done tender, take out, thicken the gravy with flour, add butter or cream as with fricasseed chicken. Pour over the veal. Quite as nice as chicken. Three pounds of veal will make a dinner for eight persons.

Veal Cutlets.

Cut the veal into pieces three or four inches square, dip in beaten egg, roll in cracker crumbs and fry in hot butter.

Calf's Liver.

Cut in thin slices, scald, drain, roll in cracker crumbs and fry in hot butter.

Stewed Liver.

Boil till nearly done, chop fine, stew till tender, season to taste. Serve on slices of toasted bread for breakfast.

SALADS.

Chicken Salad.

Take the white meat, and shred fine. Chop a few celery stocks fine; mix. Crush the yolks of four eggs fine, add to this three teaspoonfuls prepared mustard, as much salt, a teaspoonful of salad oil, and four tablespoonfuls of vinegar, or the juice of lemon. Add a little cream, and pour over the chopped celery and chicken.

Chicken Salad, No. 2.

Chop coarse both white and dark meat of one chicken. Cook till soft, season to taste. Beat separately the yolks and whites of four eggs, stir a teaspoonful of olive oil into the yolks of the eggs. Mix together in a deep earthen vessel. Stew down as thick as batter. When cold, add a cup of sweet cream. Stir well. Pour over the chicken and celery.

Veal Salad.

Boil till tender, chop fine. Stir into it a salad dressing similar to that given above. Serve with sliced lemons.

Lobster Salad.

Pick up three lobsters fine. Cut five heads of lettuce fine. Place alternate layers of lobster and lettuce in a deep dish. Boil four eggs hard, chop fine, add four tablespoonfuls of melted butter, a heaping teaspoonful of mustard, a little red pepper and salt, three tablespoonfuls of white sugar, two tea-cups of cider vinegar. Let it simmer together for a minute, then pour over the lobster and celery, and serve.

Potato Salad.

Chop cold boiled potatoes coarse, add a little chopped onion. Make a salad dressing of five tablespoonfuls of salad oil, or melted butter, a little parsley cut fine, a very little onion chopped very fine, and half a tea-cup of good vinegar. Heat together, and pour over the pototoes. serve cold

Asparagus Salad.

Boil the asparagus till tender. Cut off the hard ends. Cut in small pieces as soon as cold. Place on the salad dish. Pour over a mayonaise dressing. Serve with a few capers.

Salad Dressing.

Three raw eggs, beaten well, half a tea-cup of good vinegar, half a teaspoonful of mustard. Beat to a cream and boil for a few minutes. Pepper and salt to taste.

SAUCES.

Celery Sauce.

A half pint of boiling milk, five tablespoonfuls of butter, a tablespoonful of flour. Stir together. Cut two heads of celery fine, boil five minutes. Stir the celery in the prepared mixture, and boil a few minutes. Very nice for boiled fowl.

Egg Sauce.

Five tablespoonfuls of drawn butter, the yolks of two hard boiled eggs mashed fine, pepper and salt, four tablespoonfuls of vinegar, and three of salad oil, a little catsup if desired. Stir well, and boil for a few minutes. This is a nice fish sauce.

Tomato Sauce.

A quart of ripe tomatoes, two chopped peppers, an onion chopped fine, half a cup of sugar, half a teaspoonful of mustard, spice, salt and pepper to taste, half a cup of vinegar. Boil four hours; will keep.

Mayonaise Sauce.

Beat together half a teaspoonful of made mustard with the yolks of two raw eggs. Add slowly a teaspoonful of salad oil, stir constantly. Add a tablespoonful of vinegar, and a little pepper and salt. Stir till it turns a light color. A good sauce for lobster, lettuce, fish, etc.

Curry Powder.

Two ounces of mustard, two of black pepper, six of coriander seed, six of turmeric, half an ounce of red pepper, an ounce of cardamon, an ounce of cummin seed and cinnamon. Pound fine, put in a bottle, cork, and keep for seasoning gravies.

Sweet Pickles.

Pickled Peaches.

Put one quart of sugar and one pint of vinegar in a porcelain, or marbleized iron kettle. Let it boil. Pour over one gallon of fruit. Draw off the next day, and put the liquor over the fire again. When it boils, pour it again over the fruit, and repeat this nine days. Then put the fruit and liquor on together and boil ten minutes. Spice to taste, with cloves, cinnamon and allspice. Pears should be pickled in the same way, if not too large. If very large, cut in quarters.

Pickled Apples.

Pare one peck of sweet apples. Make a sirup of three pounds of sugar and two quarts of vinegar. Add one-half ounce of cinnamon, same of cloves. Take half of the sirup and boil the apples in it, till you can easily pass a fork through them. Take out the apples, pour the sirup you have set aside, over them. Add the rest of the sirup, let cool, cover tightly, and set in a cool, dry cellar.

Cucumber Pickles.

Select small ones of rapid growth. Wash and scald in boiling salt and water. Let them stand for a day, then put into cold vinegar. Add a few red peppers.

French Pickles.

Slice half a peck of tomatoes, four good sized onions, and four or five heads of cauliflower. Pour about a pint of hot water, with as much salt as will dissolve, over them. Drain off the liquor in twelve hours. Boil the pickles in three quarts of water for twenty minutes. Drain through a colander, then put in two quarts of vinegar, one pound of brown sugar, a quarter of a pound of mustard seed, whole, a tablespoonful of ground allspice, one of ginger, one of cinnamon, half that amount of ground mustard, and a little cayenne pepper. Boil for fifteen minutes, stirring carefully. They will be fit for use as soon as cool

Mixed Pickles

Take one hundred small cucumbers, one large head of cauliflower, two heads of solid cabbage, shaved fine, half a dozen small white onions, half a pint of horseradish, chopped coarse, a pint of geeen beans, chopped in pieces about two inches long, and one pint of sliced green tomatoes. Soak all in strong brine over night. Drain carefully, and boil in vinegar enough to cover them. Add a tablespoonful of white mustard seed, a teaspoonful of black pepper, a tablespoonful of allspice, the same of cloves, ginger and cinnamon, and half a teaspoonful cayenne pepper. Cover with good cider vinegar.

Piccalilli.

One-half peck green tomatoes fully grown. Chop well, and add half a pint of salt. Let them stand a day in cold water. Chop a large head of cabbage, four large onions and five green peppers, cover with boiling vinegar. Let set four hours, then drain through a colander, add a cup-ful of molasses, a teaspoonful each of cloves, allspice and white mustard seeds. Cover with cold vinegar.

Chow Chow.

Chop together three medium sized heads of cabbage and three heads of cauliflower, four large celery roots, eight peppers, one quart small white onions and two quarts green tomatoes. Boil together till tender, then strain. To two and one-half gallons of vinegar, add a medium pot of French mustard, two ounces of cloves, same of turmeric. Let come to a boil, and pour over the mixture of vegetables.

ickled Oysters.

Wash and scald in salt water. Drain them out, and put into cold water. Put half a dozen red peppers in a quart of vinegar. Scald and cool. Mix the vinegar and liquor the oysters were boiled in, half as much vinegar as the liquor, and pour over the oysters in a jar. Cover, and keep cool.

Tomato Catsup.

Scald one-half peck of good, ripe tomatoes, strain through a sieve to free from seeds and skins. Let cool, then add four tablespoonfuls of salt, three of ground mustard, one of black pepper, one teaspoonful cayenne pepper, one tablespoonful of cloves and one pint white wine or cider vinegar, to every gallon. Boil slowly for five hours, then bottle and cork.

Relishes for Breakfast and Supper.

Toast.

Toast thin slices of bread over red coals. Have a saucer of hot water at hand, run the crust around in it lightly, and butter. Set in the oven after making each slice. Pile one on the other as made. When the last slice is made, the whole will be ready to serve.

Milk Toast.

Toast as above. Dip each slice in scalding milk, a little salted. Spread with butter. Thicken the hot milk left, and pour it over the toast. Serve very hot.

French Toast.

Beat two eggs thoroughly, and add one cup sweet milk. Slice bread thin, and dip in the mixture. Lay each slice on a buttered griddle; brown both sides. Butter and serve immediately.

Lemon Toast.

Beat the yolks of five eggs, and add to them three cups of sweet milk. Dip thin slices of baker's bread in the mixture. Have a spider, with a little hot butter in it, and fry the toast brown on both sides. Whip up the white of the five eggs, with a tea-cup of powdered sugar. Add the juice of two lemons. Heat and add half a pint of boiling water. Pour over the toast as a sauce, and serve for supper. Delicious.

OMELETTES.

Omelette.

Mince cold tongue, veal, chicken, or other meat, warm up in frying pan. Beat five eggs light, season with pepper and salt, turn into a spider, with a little hot butter. Brown lightly on both sides, lay in the meat, fold the omelette over it, and serve quick as possible.

Baked Omelette.

Beat up the yolks of six eggs with three tablespoonfuls of flour. Add salt and a cup and a half of milk. Beat the whites separarely, and pour over the mixture. Butter a hot spider, and pour in the mixture. Bake in a hot oven ten minutes.

Boiled Omelettes.

Beat up five eggs quite light, add pepper, salt and a little nutmeg and minced parsley, and a cup of cream or sweet milk. Butter your cups or moulds, and pour them half full of the mixture. Set in a pan of boiling water. Boil fifteen minutes. Serve hot.

All sorts of changes may be rung on the old-fashioned omelette; but we have given the principles in the standard omelettes here given, and any cook can from them concoct endless varities of omelettes.

VEGETABLES.

Boiled Potatoes.

Peel yonr potatoes carefully, and put in cold water for an hour or two if old, then put in fresh cold water, and let boil till done. Pour off the water at once. Lift the cover to let the steam escape, and do not cover closely again. They will be dry and mealy. Put new potatoes in boiling water at once, and keep boiling till they are done. Potatoes steamed are very nice.

Mashed Potatoes.

Peel potatoes and leave them in cold water for an hour. Steam over hot water till done. Pour into an earthen dish or a crock, place on the stove where it will keep warm, and mash smooth with the potato masher. Season with plenty of butter, and a little salt and pepper. Add a cup of rich milk. Let all heat together, then take up in a deep dish. You may smooth the top and dress with butter, or set it in the oven a minute to brown nicely, or shape it in a buttered mould. Garnish with a little parsley.

Fried Potatoes.

Pare and cut in thin pieces. Let stand in cold water till ready to cook, drain carefully, and fry in boiling butter, or half suet and half butter. If you want them to puff up, skim them out a few times, and drop in to boil again. Serve very hot.

Potatoes Creamed.

Cut up new potatoes, and boil till done. Make a rich sauce of one cup cream or milk, three tablespoonfuls of butter. Pepper and salt to taste. Pour over, boil up once and serve.

String Beans.

String carefully a half peck of yellow wax beans. Break in two, boil till tender, season with salt, pepper and butter, or dress with a cream sauce.

Boston Baked Beans

These require a covered stone bean pot. One quart of dry beans makes enough for a family of six or seven persons. The beans should be looked over carefully, and put to soak in plenty of soft water over night. Skim them out of the water in the morning, and put on cold fresh water enough to cover them when they have boiled up. Put them in the bean pot in the same water. Add one tablespoonful of molasses, and a piece of corned beef, about one-half pound, with considerable fat on it, (we much prefer this to pork), a very little salt. It is best to taste them when about half done, and if they are not salt enough, then add what more salt is needed. A little experience will soon teach one just how to season them. Bake three or four hours in a moderate oven, and see that there is water enough kept in them, by adding as it cooks out. There should always be water enough so you can see it by tipping the pot up sidewise.

Green Peas.

Cook peas nearly the same as beans. Thicken the gravy with a little corn starch if desired.

Asparagus.

Chop up the stocks, after trimming off the hard ends. Boil until it is tender, but be careful not to cook it to pieces. Mix together flour and butter in equal parts, beat to a cream, stir in hot water off the asparagus to make a sauce, boil together. Lay the asparagus on slices of toasted bread. Pour the sauce over all, and serve hot. The asparagus may be dressed in the same manner without the toast, or may be dressed with butter, salt and pepper only if preferred.

Mashed Potatoes.

Pare the amount of potatoes required for dinner. Put them to cook in boiling water. When done, pour off the water and mash smooth. Add a little milk or cream, salt to taste, add the yolks of two or three eggs, according to the amount of potato, save the whites, beat to a stiff froth, put the potato in the dish you wish it in, on the table, smooth it over, and spread with the white of eggs, set in a hot oven for a few moments, or until it becomes a light brown.

Lima Beans

Let them remain in cold water for an hour after shelling. Put into boiling water, and boil till tender. Drain off the water. Make a dressing of milk, butter, pepper and salt. Let the beans simmer in this a little while before serving.

Cabbage Salad.

Shave raw cabbage very fine. Make a dressing of half a cup vinegar, one egg, well beaten, two tablespoonfuls of sugar, a teaspoonful of salt, two tablespoonfuls of drawn butter. Before putting in the egg, heat the mixture, then stir in the egg, and a little sweet oil, if desired. When cool, pour it over the cabbage.

Boiled Cabbage.

Cut your cabbage fine. Boil in water for half an hour. Add milk, thickened with a little flour, season with butter, pepper and salt.

Cauliflower.

Trim to the flower, boil in milk and water for half an hour, drain well, and dress same as cabbage.

Stewed Tomatoes.

Scald and peel a dozen ripe tomatoes, slice and simmer over the fire for ten minutes, season with butter, pepper and salt. Another way is to thicken with bread or cracker crumbs.

Fried Tomatoes.

Slice large tomatoes into three slices, rub with flour, fry in hot butter, browning on both sides. Dress with a sauce made of cream, butter, salt and pepper. Serve hot.

Boiled Onions.

Pare the onions carefully, and boil whole in a large amount of milk and water. When tender, drain off and season with pepper, salt and butter.

Fried Onions.

Cut the onions up and stew in a little water. When half done, and nearly dry, put in butter and fry a light brown. Pepper and salt to taste.

Maccaroni.

Take one-half pound of maccaroni and pour over it boiling water to cover it. Let it stand twenty minutes. Drain and put in cold water. Drain again, and boil with milk enough to cover it. Season with butter, salt and pepper. Add grated cheese if desired.

Fried Egg Plant.

Take slices of egg plant about an inch thick, pare and let stand in salt and water for two hours. Wipe dry, dip in egg, roll in cracker crumbs, and fry brown in hot butter.

Stewed Egg Plant.

Put the egg plants in cold water, let boil till tender, mash and season with butter, salt and pepper.

Parsnips.

Boil tender in salted water, then cut in slices and dip in beaten egg, fry brown in melted butter.

Turnips.

Boil tender, pour off the water, mash and season with butter, salt and pepper.

Beets.

Wash nicely and trim, but do not pare them. Set to boil in hot water. Boil tender. If the beets are young, an hour's boiling is sufficient. Old beets require several hour's boiling. When cooked, skin them while hot, slice thin, salt, pepper and butter to taste, pour on a little vinegar. Good either hot or cold.

Summer Squashes.

Slice the squash thin, scald, salt and pepper a little, dip in beaten egg, and fry brown in hot butter.

Baked Squash.

Cut the squash into thick strips, scrape well and bake in a hot oven. Eat with salt, pepper and butter, like sweet potatoes.

Boiled Green Corn.

Husk, and trim carefully, freeing well from the silk. Put in a kettle of boiling water. Boil half an hour, drain well, and serve on the ear.

uccotash.

Cut one-half pint of green corn from the cob. Mix with this half a pint of Lima beans. Stew till tender, season with butter, salt to taste, and serve hot.

Boiled Rice.

Swell the rice in warm water for an hour, boil slowly, add milk as it thickens. Season to taste and serve hot, with milk or cream sauce.

PUDDINGS.

English Plum Pudding.

One pound raisins, same of currants, same of suet, chop the latter very fine, one-half pound sour apples, chopped, one pound of flour, six eggs, half a cup of citron, chopped fine, three wine-glasses of unfermented wine, one pound brown sugar, spice to taste. If too dry, add sweet milk. Tie tightly in a pudding bag, well floured, and boil four and a half hours

Cocoanut Pudding.

A cup of ground cocoanut, one-half cup sugar stirred in three pints of sweet milk, let simmer slowly, add three eggs well beaten, and the yolks of two, a half a cup of of cracker crumbs, flavor to taste. Beat well together, bake for half an hour. Whip the whites of the two eggs to a stiff froth with powdered sugar, add the juice of one lemon. Spread over the top of the pudding, and set in the oven a minute to brown slightly. Serve with or without sauce.

Cottage Pudding.

One cup of sugar and half a cup of butter, one cup sweet milk, a little nutmeg or flavoring, to suit the taste. Stir all together lightly, add one pint of flour, with three teaspoonfuls of baking powder sifted in it. Bake in a pudding dish slowly for an hour. Serve hot with a sauce of eggs, sugar and butter beaten to froth, and heated hot. Cut the pudding like cake, and pour the sauce over. Stale cake makes a good cottage pudding, dressed with the sauce as described.

Chocolate Pudding.

To one pint of milk add two tablespoonfuls of sugar, two of corn starch, and two of chocolate. Put all in a basin, and scald over boiling water. Stir well till cooked. Serve with cream sauce, or a sauce made of butter and powdered sugar, beaten to a cream.

Roly Poly.

Make a good biscuit crust with one pint of flour. Roll out thin, spread with fruit, fold over the fruit, and press the edges tight, so that the fruit will not run out. Steam in a pudding bag one and one-half hours. Serve with any sauce preferred.

Rice Pudding.

Boil three tablespoonfuls of rice in one quart of milk, stir in two tablespoonfuls of sugar, a handful of raisins, and a little butter. Flavor with cinnamon. Bake till thoroughly done. Serve with cream sauce.

Suet Pudding.

One cup of chopped suet, one cup of sweet milk, one cup of chopped raisins, three and a half cups of flour, a little salt, one teaspoonful soda, spice to taste. Boil three hours and a half.

Baked Indian Pudding.

One quart scalded milk, two cups corn meal, one teaspoonful of ginger. Mix and let stand fifteen minutes, then add one cup of molasses, two eggs and a tablespoonful of butter. Bake two hours. Serve hot with butter, or butter sauce.

Graham Pudding.

Two cups Graham flour, half a cup molasses, five tablespoonfuls butter, half a cup sweet milk, one egg well beaten, one teaspoonful soda, half cup stoned raisins, same of currants, a little, salt, spice to taste. Steam three hours. Serve with sauce.

Bread Pudding.

One-half pint of bread crumbs, soaked in a pint of sweet milk. Add three eggs well beaten, a heaping tablespoonful of butter, and a little grated nutmeg. Stir together and bake in the oven for three quarters of an hour. Serve with butter sauce.

Bread Pudding.

One pint of bread crumbs, one pint of hot milk, the beaten yolks of two eggs, one whole egg, and two tablespoonfuls of butter. Add the grated rind of a lemon, and a half teaspoonful of baking powder. Stir well and bake for forty minutes. Beat the whites of the two eggs with a half cup of powdered sugar and the juice of a lemon. When stiff spread it over the pudding, and set it in the oven till it is a bright brownish color. Serve with any pudding sauce.

Berry Pudding.

Mix lightly one pint of fresh berries with half a cup of sifted flour. Then to one pint of flour, add one teaspoonful of soda, a little salt, one-half cup of sweet milk, and one-half cup of molasses. Stir together well; add the berries mixed with the flour, stir carefully, so as not to break them, turn into a buttered pudding dish, and set in a kettle of boiling water. Boil steadily for two hours and a half. Do not let the water reach the top of the dish. Serve with any nice liquid pudding sauce.

Fruit Pudding.

Place fruit of any kind in a pudding dish with a little warm water. Sweeten to taste with sugar. Make a rich biscuit crust, and place over the pudding dish. Cover with a basin, to give room for the crust to rise. Set over the fire till the steaming fruit bakes the crust. Serve with cream and sugar.

Lemon Pudding.

One-half cup of corn starch, one cup of sugar, the grated rind of a lemon, the juice of two lemons. Stir in cold water enough to make a smooth batter. Stir all into a quart of boiling milk. Add two tablespoonfuls of butter, and three well beaten eggs. Put on the stove and stir well, taking care it does not scorch. As soon as it thickens, pour into cups that have been dipped in cold water. Set aside to cool. In an hour you may turn them out, and serve with cream and sugar, or a boiled sauce.

Graham Pudding.

One and one-half cups Graham flour, one-half cup brown sugar, one-fourth cup butter, one-half cup sweet milk, one egg, one teaspoonful soda, one cup raisins. Flavor to taste, and steam two hours.

Tapioca Pudding.

Let half a tea-cupful of tapioca stand in water or milk for six hours. Then add one quart of milk, a tablespoonful of butter, a little salt. Boil five minutes. Beat up the yolks of two eggs with one tea-cup of sugar. Boil till quite thick. Flavor to taste with vanilla. Set to cool. Whip up the whites of two eggs with two spoonfuls of powdered sugar, cover the pudding with this, and set in the oven to brown slightly.

Tapioca Apple Pudding.

Soak one-half cup of tapioca in half a pint of water for twelve hours. Pare and chop five medium sized sour apples very fine. Stir these into the pudding with one-half cup of white sugar. Put in a pudding dish and bake slowly for three hours and a half. Serve with cream sauce. A very delicate dish, to be eaten either hot or cold.

French Pudding. Very Nice.

The yolks of four eggs, four tablespoonfuls of sugar, four tablespoonfuls of flour, pour over this mixture one quart of boiling milk. Flavor to suit the taste. Boil and stir briskly for ten minutes. Then when cool, beat the whites of four eggs, with four teaspoonfuls pulverized sugar, till it creams. Pour over the top of the pudding, and set in the oven for a few minutes.

Queen of Puddings.

One quart of milk, one pint of bread crumbs, one cup of sugar, one-half tea-cup of butter, yolks of four eggs. Flavor with lemon, bake about one hour, spread a little jelly over it. Beat the whites of four eggs to a cream with one cup pulverized sugar. Spread this over, and set it in the oven till it turns a golden brown. It will be delicious.

Poor Man's Pudding.

One quart of milk, one cup of stoned raisins, one-half cup of rice, one cup of sugar, one piece butter as large as an egg, a little grated nutmeg. Bake slowly two to two and one-half hours. Stir often.

Plum Pudding.

One pint raisins, one pint English currants, one-half pint chopped suet, one pint flour, one-half pint bread crumbs, one cup sweet milk, five eggs, spice to taste. Add a little candied orange and lemon, also a little citron chopped fine. Boil three hours.

Snow Balls.

Soak a cup of rice two hours in one pint of water. When swelled, add a cup of milk, and boil soft. Put in tea-cups, round them up, and let them stand till cold. Slip out of the cups into a dish. Make a rich custard of three beaten eggs, one-half pint of milk, half a teaspoonful of corn starch, flavor to suit the taste, aud boil till it thickens. Pour it over the rice balls twenty minutes before serving. A very nice summer dessert.

Puffs.

Beat up two eggs and the yolks of two more. Add two tablespoonfuls of sugar and one of drawn butter. Stir up with half a pint of sweet milk and half a cup of flour. Bake in cups for half an hour. When done, turn out of the cups. Serve with a sauce made of one tea-cup of powdered sugar beaten up with the whites of the two eggs, and the juice of one lemon or orange. Serve each puff with the sauce.

Pudding Sauce.

Eight tablespoonfuls of sugar, four tablespoonfuls of butter, two tablespoonfuls of flour. Beat this mixture to a cream, then add one egg well beaten, and one cup of boiling water. Stir till thick, flavor to taste.

Foam Sauce for Puddings.

Five tablespoonfuls of butter, six of powdered sugar. Beat to a stiff froth, Set the dish containing it into a pan of boiling water. Add a flavor of vanilla, and a teaspoonful of hot water. Beat to a light foam, and pour on each dish of pudding.

Pudding Sauce.

Three eggs well beaten, one tea-cup powdered sugar. Mix thoroughly together. Stir in a cup of boiling milk, flavor to taste.

Stiff Sauce.

One-half cup sugar, same of butter. Beat together. Flavor to taste. A spoonful to each dish of rice or apple pudding.

Plain Sauce.

One-half cup of sugar, half as much butter, stir together, and thicken with a half teaspoonful corn starch, stir in one cup boiling water, or sweet milk.

Puff Paste for Pies.

One pint flour well sifted, half a cup of butter. Rub the butter into the flour, mix with cold water enough to roll well. Knead and work as little as possible. Roll thin.

Graham Pastry.

One cup Graham flour, half a cup sweet cream, a pinch of salt. Mix, roll and use for crust for fruit pies. Very nice.

Plain Pastry.

Half a cup butter, quarter cup suet, a little salt. Rub in one quart sifted flour, with a teaspoonful Royal Baking Powder. Mix together with cold water and roll out. The lower crust need not be so rich as the upper.

Flaky Paste.

Sift one pint of flour, rub into it half a cup of butter, mix with ice water enough to roll. Roll out, spread with butter, fold over, roll again, very thin, spread again. Do this three times for the upper crust. Very rich.

Mock Mince Pie.

One cup sugar, one cup molasses, one cup raisins, one cup currants, one cup vinegar, one cup water, one grated nutmeg, one teaspoonful of cloves, one tablespoonful of cinnamon, butter the size of an egg, one cup powdered crackers. Heat on the stove before putting in tins. This will make six pies.

Lemon Pie.

The juice and grated rind of three lemons, three whole eggs, and the yolks of four. Beat together with two cups of sugar, half a cup of butter, and one-half cup of sweet milk. Stir well together. This will make three pies. Beat up the whites of the four eggs with five tablespoonfuls of powdered sugar. When the pies are baked, spread this stiff foam over their tops, and set back in the oven to brown slightly. Very rich.

Lemon Pie, No. 2.

Beat four eggs well with one cup sugar, add half a cup of water, half a cup of sweet milk, one tablespoonful of corn starch. Grate the outside of the lemon rinds into this, and scrape into it the pulp and juice of two lemons, removing the seeds. Stir well. Line two tins with pastry and bake for fifteen minutes. You may have a top crust, or beat the white of an egg with a little powdered sugar, spread over the top, and brown in the oven.

Apple Pie.

Select apples that cook quick. Pare and slice very thin, removing the core. Line your tins with pastry, place in them a layer of apple, sprinkle thickly with sugar, then another layer, sprinkle again with sugar, grate on a little nutmeg, spread on a tablespoonful of butter to each pie, pour in a very little cold water, cover with rich crust, bake twenty minutes

Mince Pies.

Boil seven pounds of lean, fresh beef until it is tender, chop it up fine when it is cold. Chop fine one pound and a half of suet, six pounds of apples, two pounds and a half of stoned raisins, same of currants, half a pound of candied citron. Add two tablespoonfuls of ground cinnamon, one and a half of grated nutmeg, one of ground cloves, one of allspice and one of salt, four pounds of brown sugar, one quart good boiled cider, and if you can get it, one pint of unfremented wine. If not, the liquor from canned grapes or cherries, or similar fruit. Add the liquor the meat was boiled in. Mix thoroughly, and put in a stone jar covered tightly. Do not use for twenty-four hours. When you bake the pies add half a dozen medium sized chopped apples to as many pies, and a lump of butter as large as a hen's egg. Also whole, seeded raisins if desired.

Cocoanut Pie.

One cup cocoanut, two cups sweet milk, soak for twelve hours. Then add one tablespoonful drawn butter, a pinch of salt, one cup of sugar, two eggs, and the yolks of two eggs. Beat thoroughly and let heat slowly in a tin basin on the stove till it boils. Then turn into pie tins lined with crust, bake fifteen minutes. Beat the whites of the two eggs to a stiff froth with two tablespoonfuls powdered sugar. Spread over the pies, set in oven five minutes, to give them a golden brown. Delicious.

Cream Pie.

One cup of flour, one teaspoonful of soda and one of cream tartar. Mix well with the flour. Add four eggs well beaten together, and the grated rind of a lemon. Scald one cup of milk, and stir into it, when boiling, one tea-cup sugar, a pinch of salt and two eggs, well beaten. Stir steadily until it thickens. When cool, add flavoring to suit the taste. Bake fifteen minutes between crusts.

Squash Pie.

Boil your squash and mash it fine, removing the seeds. One-half pint of the mashed squash, three eggs well beaten, one tea-cup sugar, one tablespoonful butter, one teaspoonful ginger, same of cinnamon, two cups of milk, and a little salt. Makes three pies.

Custard Pie.

Two eggs, and the yolks of two eggs beaten light with a cup of sugar and a very little salt, add one pint of milk. Line your pie tins with crust, and let bake in the oven till nearly done. Heat the custard very hot, and our into the tins and bake quickly, so the crust will not be heavy.

Washington Pie.

Mix well one teaspoonful of baking powder with two cups of flour and a little salt, add three eggs well beaten and a cup of sweet milk. Use any flavoring you wish. Stir well with a wooden spoon, bake in three layers, and spread between any kind of jelly you like.

CUSTARDS AND CREAMS.

Boiled Custard.

Six eggs well beaten together with a cup of sugar, any flavoring, and a pinch of salt. Heat one pint of milk in a bright saucepan or tin pail. When hot, stir in the eggs and sugar till it thickens. Half a teaspoonful corn starch may be beaten smooth in a little cold milk, and stirred in the milk, before the eggs are added, if desired.

Apple Custard.

Pare and slice half a dosen tart apples, stew till tender, press through a colander, add the grated rind of one lemon, add one cup of sugar. Stir well and let cool, beat four eggs very light, and add one pint of sweet milk. Stir this mixture and the apples together, and bake in a pudding dish, or in cups, for half an hour. Serve cold.

Sago Custard.

Boil four tablespoonfuls of sago in a cup of water till clear. Stir this into a quart of milk, let it boil. Beat up five eggs with one cup of sugar and a little butter, add this to the milk and sago. Put all together in a tin pail, set in a kettle of boiling water, stir well till it thickens. Just before taking off the fire, flavor lightly with vanilla.

Chocolate Custard.

Prepare a custard with one pint sweet milk, one whole egg, and the yolks of three, and one ounce and a half of prepared chocolate, dissolved in half a cup of warm milk, let come to a boil, let cool, then stir in half a cup of light brown sugar, and a little vanilla flavoring. Stir well and pour into a deep pudding dish, cover with the whites of the eggs, beaten to a stiff froth with two tablespoonfuls of powdered sugar. Set in the oven till it is a yellow brown. Serve cold.

Floating Island.

Soak one package of gelatine in three pints of water for half an hour. Add then two cups and a half of white sugar. Let it come to a boil, beat the whites of five eggs to a stiff froth, add the juice and grated rind of three lemons. Put the two mixtures together and turn into a mould. When cold, turn out and pour over it a custard made of the yolks of five eggs, three pints of milk and a tablespoonful of corn starch. Sweeten to taste.

Floating Islands.

Crush one pint very ripe red raspberries or currants with a cup of white sugar. Press through a sieve to remove the seeds, beat the whites of five eggs very stiff, add slowly one small cup powdered sugar, beating all the time until it is stiff enough to stand in peaks, chill on ice for two hours, put half a pint of very cold milk in a glass dish and cover it with the float put on by spoonfuls in peaks. Serve with cream in individual glass dishes. Very pretty for the table.

Cream Sherbet.

Put the yolks of six eggs and a dessert-spoonful of orange-flower water into two quarts of cream, boil it up once in a covered stew pan, then strain it, add three-fourths of a pound of fine loaf sugar and stir until dissolved. When cool, set it on ice, or freeze same as ice cream.

Lemon Sherbet.

Dissolve a pound and a half of loaf sugar in one quart of water, take nine large lemons, wipe them clean, cut each in halves, squeeze them so as to get out both juice and some of the essence of the peel. Stir into it the sugared water, strain and freeze same as ice cream.

Strawberry Sherbet.

Take one pound of the best ripe strawberries, crush them to a smooth mass, then add three pints of water, the juice of one lemon and a tablespoonful of orange-flower water. Let this stand three or four hours, then put in a basin a pound of the best refined sugar, stretch over it a cloth or napkin, and strain on the sugar the berries, squeezing out the juice as much as possible, stir until the sugar is dissolved, set on ice before serving.

Spanish Cream.

Dissolve one ounce of gelatine in one pint of new milk, let come to a boil, add the yolks of four eggs beaten together with a cup of white sugar, set over fire and stir until it thickens well. Beat the whites of the four eggs with two tablespoonfuls of powdered sugar till it is a stiff froth, flavor with vanilla, stir into the custard, pour into moulds till cool. Serve with cream and sugar.

Bavarian Cream.

Dissolve one-half ounce of gelatine in one pint of new milk, heating it over the fire. Add the yolks of three eggs, one-half cup of sugar. Flavor with lemon or vanilla, strain carefully, when cold, stir in a pint of cold cream, put in moulds, serve with cream and sugar.

Fruit Creams.

Soak an ounce of Coxe's gelatine in half a pint of cold water till it is dissolved, put in a bright tin pail and set into a kettle of boiling water. Add one cup of the fruit juice and one cup of sugar, stir in while heating. Take from the fire in five minutes, and add one pint of cold sweet cream, wet your mould with cold water and strain the mixture into it. Set on the ice till perfectly cold, then turn out and serve with cream and sugar.

Tapioca Cream.

Three tablespoonfuls of tapioca, thoroughly dissolve it, then add three yolks of eggs beaten up well with one-half cup of sugar. Boil three pints of milk, set till cool, then stir in the tapioca with any flavor desired. Beat well together, whip up the whites of the eggs till very stiff, mix together, boil fifteen minutes and turn into moulds. Set in a cool place till ready to serve, turn out and serve with a cream and sugar, or a fruit sauce, if preferred.

Charlotte Russe.

Beat one pint of thick cream to a froth, strain through a sieve, and beat again. Do this three time, beat five eggs very light with one cup of sugar, and vanilla flavor, or lemon if preferred, add to it one-half pint of sweet milk, place over hot water and stir till it thickens well. Dissolve one-half ounce of Coxe's gelatine in hot water, add this to the strained cream and stir the mixture into the custard when it is perfectly cold. Butter your mould well, and line it with delicate cake. Sponge is best. Pour over it the Charlotte, and set on ice, or in a cold place. When you wish to turn it out of the mould, you can set it for an instant in hot water, and it will turn out readily.

Snow Pudding

One-quarter box of Coxe's gelatine dissolved in one-half pint of boiling water, set to cool, add one-half cup of sugar, the juice of one lemon, strain carefully, then beat the whites of two eggs till they are a stiff froth, beat well, and pour into moulds, let it cool thoroughly. Make a rich custard of the yolks of the two eggs and a little corn starch stirred into half a pint of boiling milk. Add half a cup of sugar, and any flavor desired.

Meringues.

Beat the whites of six eggs till they are very stiff, add one cup of powdered sugar slowly, and a very little salt, beat well, lay greased writing paper in a shallow pan, drop the meringues on it, and bake slowly. When done, put two together, or they may be formed in a ring, and the center filled with whipped cream and sugar, flavored to suit the taste.

Blanc Mange.

Put two tablespoonfuls of arrow root in a little water, put a pint of milk on the stove, and when it boils, stir in the arrow root, and one tablespoonful powdered sugar, any flavor desired and a pinch of salt, cool in moulds.

Ice Cream.

One pint of sweet milk, yolks of three eggs, beaten with one tea-cup of sugar, and a tablespoonful of corn starch, scald till thick, stirring all the time, Set away to cool, add one pint whipped cream, and the whites of the three eggs beaten to a thick froth. Flavor to taste, and sweeten more if desired. Put the cream in a tin pail, one small in circumference is best, with a tight cover. Set in the freezer and pack around firmly with two parts ice, broken up about the size of a walnut, and one part table salt. A pint of water should be poured over the ice in the freezer to every quart of cream in the pail. In half an hour the cream will begin to freeze, then take off the cover, and stir the freezing cream until it stiffens well. Repack and cover with a piece of carpet or a heavy woolen blanket. In an hour or so it will be fit to serve. If you have no ice cream freezer, put the pail of cream in a large bucket, pack with ice, and cover with woolen cloth.

Ice Cream. Very Rich.

Beat together one-half pint of rich cream, one-half pound of white sugar, flavor to taste, mix well, add one quart rich cream, mix well and freeze.

Fruit Ice.

One quart of fruit, fresh or canned, such as peaches, pears, or apricots, one pint of sugar. Beat the eggs to a froth. Stir the fruit and sugar well together, mix all, and freeze in a form.

Mrs. Lessions' Cookies.

One cup of sour cream, one-half cup of sugar, one level teaspoonful of soda, same of salt, flavor to taste, flour to roll pretty stiff, bake in a moderate oven.

Dolly Varden Cake.

Two eggs, one cup sugar, one-half cup melted butter, one and one-half cups sweet milk, two cups flour, one teaspoonful baking powder, dip out two tins full, leaving enough for the third in the pan; then add one cup raisins, one-half teaspoonful cinnamon, one half teaspoonful cloves, one half of a nutmeg. Put the three together with jelly.

Coffee Cake. Excellent.

One-half cup fresh butter, one cup sugar, one cup molasses, one cup of coffee made strong, one teaspoonful of cloves, one teaspoonful of cinnamon, one cup raisins, one teaspoonful of soda. Stir well together, and bake in a quick oven.

White Cake.

Whites of eight eggs, two cups of sugar, two-thirds cup butter, three-fourths cup of sweet milk, three cups flour, two teaspoonfuls baking powder, a little lemon flavoring. Bake in a moderate oven.

Gold Cake.

The yolks of eight eggs, one cup sugar, one-half cup of sweet milk, three-fourths cup of butter, one and one-half cups of flour, two teaspoonfuls of baking powder, lemon flavoring to taste. Bake in a moderate oven.

Hickory Cake.

One and one-half cups sugar, one-half cup butter, two cups flour, three-fourths cup sweet milk, the whites of four eggs, one teaspoonful cream tartar, one-half teaspoonful of soda, one cup of chopped meats. Stir together and bake in a moderate oven.

Ice Cream Cake.

Two cups sugar, two cups well sifted flour, one cup corn starch, one cup butter, one cup of sweet milk, the whites of eight eggs, two teaspoonfuls baking powder. Bake in layers. *Preparation,*—Take the whites of eight eggs, four cups sugar, pour on the sugar one-half pint boiling water, boil until clear, then pour the hot sugar over the eggs. Stir the mixture until it becomes a stiff cream, add a teaspoonful of citric acid, and flavor with lemon or vanilla. When cool, spread between the layers. This is a delicious cake.

Spice Cake

One cup sugar, one cup sour milk, one-half cup butter, one egg, one teaspoonful soda, cinnamon, cloves, nutmeg and fruit to suit the taste.

Lemon Jelly Cake.

Two cups of sugar, one-half cup of butter, one cup of milk, three eggs, two and one-half teaspoonfuls baking powder, three cups of flour. This makes five layers. To make the jelly, use the juice and grated rind of two large lemons, one cup of sugar, one egg, one-half cup of water, one teaspoonful of butter, one teaspoonful of flour, beaten up with a little water. Boil until it thickens, and place between the layers. Bake in a moderately hot oven.

Layer Cake. (Cocoanut.)

Three eggs, saving the whites of two, one cup white sugar, a pinch of salt, one and one-half cups flour, one-half cup cold water, two teaspoonfuls baking powder, beat eggs and sugar light, then add the other ingredients and bake in three shallow tins about ten minutes in a moderate oven. Take the whites of the eggs, beat until light, then add four tablespoonfuls sugar and spread between the layers, and sprinkle with desiccated cocoanut.

Layer Chocolate Cake.

Three eggs, saving out the whites of two, one cup white sugar, one and one-half cups flour, one-half cup cold water, two teaspoonfuls baking powder, a pinch of salt. Beat eggs and sugar until light, then add the other ingredients, mix thoroughly and bake in two shallow tins about ten or fifteen minutes. Beat the whites until light, then add five tablespoonfuls white sugar, four of grated chocolate, one teaspoonful vanilla extract, mix thoroughly and put between the layers, also on top.

Lemon Layer Cake

Three eggs, saving out the whites of two, one and one-half cups flour, one-half cup cold water, two teaspoonfuls baking powder, a pinch of salt. Beat eggs and sugar until light. Then add the other ingredients, mix thoroughly, and bake in layers, two or three, just as preferred, in a moderate oven, ten or fifteen minutes.

Layer Fruit Cake.

Three eggs, one cup sugar, one and one-half cups flour, one-half cup cold water, two teaspoonfuls baking powder, a pinch of salt. Beat eggs and sugar until light. Then add the other ingredients, mix thoroughly, then take one-fourth of the mixture, add two tablespoonfuls molasses, about equal quantities of dates and raisins, chopped fine, about one tea-cup, mix thoroughly and bake in shallow tin. The other three-fourths bake on two shallow tins. When done, place the fruit cake between the two layers, putting a little jelly between the layers, if desired, although it is good without. Sprinkle top layer with pulverized sugar.

Sweet Muffins.

Two eggs, one-half cup sugar, piece butter size of an egg, two cups sour milk, four cups flour, one teaspoonful soda. Beat the eggs separately, and add the last. Bake in muffin rings or gem pans.

Lemon Cakes.

Two eggs, one cup sugar, one and one-half cups flour, one-half cup cold water, two teaspoonfuls baking powder, a pinch of salt. Beat eggs and sugar until light, add the other ingredients, mix thoroughly, flavor with extract lemon, bake in muffin rings. These are nice to eat with ice cream.

Cream Shells.

One coffee-cup hot water, one-half cup butter, one coffee-cup flour, have the water boiling on the stove, add the butter and flour and stir until it is thoroughly mixed. Let cool a little, then add three eggs and beat until perfectly smooth. Have a dripping pan well buttered, drop a spoonful in a place, about two inches apart, dip the fingers in white of egg and flatten to about one-half inch in thickness, be sure not to have them touch each other, bake in a hot oven twenty or twenty-five minutes. Do not be discouraged. "If at first you don't succeed, try, try again." (This should make fifteen.)

Fruit Cakes in Muffin Rings.

These are very nice for lunch on the cars, as each one can be wrapped separately. One tea-cup each of raisins and dates stoned and chopped, one cup sour milk or cream, if no cream is used, one-half tea-cup butter should be used, one teaspoonful soda, three cups flour, two eggs added last. Bake in muffin rings.

Ginger Cookies without Shortening.

You will be surprised to see how nice they will be, and so much better for children. Two eggs, one cup brown sugar, beaten together. Add one cup molasses, hot, one teaspoonful soda, one teaspoonful ginger, a little salt, mix with flour until stiff enough to mould out, roll thin and bake carefully; they burn easily.

Cream for Filling.

One pint of sweet milk, three-fourths cup white sugar, one-half cup white flour, pinch of salt, two eggs, put the milk over the fire in a double kettle. When warm, take out enough to moisten the flour; when boiling hot, stir in the sugar and flour. Let cook five minutes or so, then add the eggs, stirring briskly, let cook about three minutes, when cool, flavor with lemon or vanilla extract. Split the shell with a sharp knife, and fill with cream.

Fried Cakes.

Three eggs, one pint of milk, sweet or sour, if sweet, baking powder two teaspoonfuls, should be used, if sour milk, one teaspoonful of soda, one-half teaspoonful salt. Mix with flour stiff enough to mould, but do not mould it, but drop it in the hot fat, a small spoonful at a time, let cook a nice brown. They are delicious eating,—a nice dessert for dinner on a cold winter's day.

Sweet Fried Cakes.

Three eggs, one cup sugar, one coffee-cup sweet milk, two teaspoonfuls baking powder, one-half teaspoonful salt, flour enough to mould out, roll about one-half inch thick, cut round, with a hole in the center. Those which are cut from the center look very nice if round, to roll in pulverized sugar as soon as they come from the fat. Some call them snowballs

Raised Doughnuts.

One cup sweet milk, one cup sugar, one-half cup yeast, one scant teaspoonful of soda, spice to taste, mix with flour and raise.

Corn Starch Cake.

One cup corn starch, five tablespsonfuls butter, one cup of white sugar, the whites of four eggs, beaten stiff, one-half pint sweet milk, one-half pint flour, one heaping teaspoonful of cream tartar, half as much soda, flavor with lemon. Bake in a moderate oven.

Caramel Cake.

One cup sugar, one-half cup butter, one-half cup of milk, two eggs, one teaspoonful cream tartar, one-half teaspoonful of soda, two cups of flour. Bake in three tins.

Caramel Part.—Two scant cups sugar, two-thirds cup milk, butter the size of an egg, boil ten minutes, teaspoonful of vanilla, beat until cold, put caramel between the sheets, and on the top.

Hermits.

One and one-half cups brown sugar, one cup butter, one-fourth cup milk, one cup chopped raisins, two eggs, one teaspoonful soda, two teaspoonfuls cream tartar, a little nutmeg, flour to roll.

Soft Ginger Bread.

One cup molasses, one-half cup of butter, one-half cup boiling water, poured on the butter, one egg, one teaspoonful of soda, beat in molasses, flour to make a stiff batter.

Sponge Cake.

Two cups sugar, two cups flour, four eggs, two teaspoonfuls of baking powder, one-half cup cold water.

Fruit Cake.

One pound brown sugar, one pound flour, three pounds raisins, same of currants, half a pound of citron, one teaspoonful and a half of ground cinnamon, same of nutmeg, one teaspoonful ground cloves. Stone the raisins, brown the flour slightly and bake slowly for three hours. This cake will keep good for a year.

Plain Fruit Cake.

Two tea-cups flour, one cup brown sugar, half a tea-cupful of butter, three-quarters of a tea-cupful of milk, four eggs well beaten, raisins and currants, one teaspoonful baking powder and a very little salt.

Plain Fruit Cake.

One cup butter, two cups sugar, one cup milk, two eggs, one teaspoonful soda, three and a half cups flour, two cups of raisins, three cups dried apples soaked eight or ten hours, chopped fine and stewed in two cups molasses two hours. Beat the butter and sugar to a cream; dissolve the soda in the milk and add, then add the flour and beaten eggs, then stir in the raisins and apples. Pour in pan and bake one and one-half hours.

Hard Ginger Bread.

One-half pound of butter, same of suet. Beat together with two pounds of brown sugar, one quart of molasses, a heaping teaspoonful of ginger, half as much cinnamon, cloves and allspice, work in flour enough to make a stiff dough. Roll thin, cut and bake quickly.

Fruit Frosting for Cake.

The whites of three eggs beaten up with two cups of powdered sugar, and a tablespoonful of lemon or other fruit juice. When your cake is cold, spread the frosting on it, and set in the oven a minute to harden.

Cocoanut Frosting.

The whites of three eggs beaten up with one cup of powdered sugar, and a little flavoring. Spread it on the cake, after the latter is cold. Sprinkle with prepared cocoanut and set in the oven for a minute

Lady Fingers.

Three eggs well beaten, with a scant cup of white sugar, add a flavor, sift a teaspoonful of soda and a very little salt with a cup of flour. Mix together and add flour enough for a stiff dough, roll out very thin, sprinkle thickly with granulated sugar. Cut the dough in narrow strips, lay each by itself in the pan and bake quickly.

Sponge Cake.

Two eggs, two-thirds of a cup of sugar, four tablespoonfuls of milk, one-half teaspoonful soda, one teaspoonful of cream tartar, flavor to taste, one cup of flour. Bake in a quick oven.

DRINKS.

Coffee.

Many sanitarians strongly object to the use of tea and coffee in any form. For a treatise on these articles, their adulterations and effect on the system, see pages 226 to 229 of this book. For a substitute for coffee, that can hardly be detected from the genuine, see recipe, "Golden Coffee."

To avoid adulteration, buy coffee in the grain, either raw, or in small quantities, freshly roasted. The best kinds are the Mocha and the Java, and some prefer to mix the two in the proportion of one-third of the former to two-thirds of the latter. West India coffee, though of different flavor, is good. What is called "Old Government," was years ago, considered by many the best of all. It is, however, doubtful if there is much of the genuine article in market at the present day.

If coffee is roasted at home, it should be done with the utmost care, as a slight variation, or a little underdone or overdone and not roasted evenly, spoils the flavor. Where the coffee is purchased of reliable dealers, it is best to get it roasted and ground, as it is done better than it can be done at home, and saves a great amount of work. Keep in a closely covered tin or earthen vessel, and buy in small quantities.

The National Coffee-pot

Is so well known as not to need a description here, but the "gude wife" can improvise one equally as good, and much more simple.

Make a sack of fine flannel, or Canton flannel, as long as the coffee-pot is deep, and a little larger than the top. Stitch up the side seam to within an inch and a half of the top, bend a piece of small, but rather stiff wire in a circle, and slip it through a hem made around the top of the sack, bringing the ends together at the opening left at the top of the side seam. Having put the coffee in the sack, lower it into the coffee-pot with the ends of the wire next the handle; spread the ends of the wire apart slightly, and push it down over the top of the pot. The top of the sack will then be turned down over the outside of the pot, a part of it covering the "nose," and keeping in all the aroma, the elasticity of the wire causing it to close tightly around the pot, holding the sack close to its sides. Instead of the wire, (which must be removed to wash the sack after using), a tape may be used by tying the ends after turning the top of the sack down.

Coffee-pots and Tea-pots.

It is necessary to have the coffee and tea-pot thoroughly pure, and to insure this, boil a little borax in them, in water enough to touch the whole inside surface, once or twice a week for about fifteen minutes. No dishwater should ever touch the inside of either. It is sufficient to rinse them

in two or three waters, and scald them before using. These precautions will aid in preserving the flavor of the tea and coffee.

French Coffee.

Two pounds of Java, two of Rio and one of Mocha. Mix and grind together. Use one and one-half tablespoonfuls to each individual, or each large cup. Stir up in cold fresh water, and set on the stove where it will slowly steep and simmer. The longer it steeps, the better it will be, that is if it does not boil. Just before serving, let it come to a boil, then set it back immediately, settle with a little cold water. It will be clear and bright as amber in two minutes. The practice of boiling coffee is absurd. It destroys the fine flavor, by allowing it to escape in steam, and it extracts a poisonous quality from the coffee, that is only liberated to any great extent by boiling. The "French Coffee-pot," or the "National Coffee-pot" is convenient, as it insures making the coffee right, but if the above directions are followed, the best of coffee can be made for the family, in the common old-fashioned coffee-pot.

Coffee for One Hundred.

Take five pounds roasted coffee, grind and mix with six eggs. Make small muslin sacks, and in each place one pint of coffee, leaving room for it to swell, put five gallons of boiling water in a large coffee urn or boiler, having a faucet at the bottom, if possible; put in part of the sacks and keep almost at boiling temperature two hours, five or ten minutes before serving, raise the lid and add one or two sacks more, and if you continue serving several times, add a fresh sack and fill up with boiling water as needed. In this way the full strength of the coffee is secured, and the fresh supplies impart that delicious flavor consequent on a few moments' boiling. In boiling coffee, much of the aroma escapes in steam, leaving only the bitter flavor. Just keep it at boiling point, but not boiling. Setting in a vessel of boiling water is an excellent plan for either coffee or tea. It can thus be kept hot without boiling. If you have no cream, boil the milk and add very hot. Some add a teaspoonful of egg beaten light to each cup.

To make coffee for twenty persons, use one and one-half pints ground coffee, and one gallon of water.

Filtered Coffee.

The French coffee *biggin* furnishes the easiest means for filtering coffee. It consists of two cylindrical tin vessels, one fitting into the other. The bottom of the upper one is a fine strainer, another coarser strainer is placed on this with a rod running upward from its center. The finely ground coffee is put in, and then another strainer is slipped on the rod over the coffee. The boiling water is poured on the upper sieve, and falling in a shower upon the coffee, filters through it to the coarser strainer at the bottom, which prevents the coffee from filling up the holes of the finer strainer below it. The coffee thus made is clear and pure.

Coffee with Whipped Cream.

For six cups of coffee of fair size, take one cup sweet cream, whipped light with a little sugar, (a Dover egg beater can be used for the purpose). Put into each cup the desired amount of sugar and about a tablespoonful of hot milk, pour the coffee over these and lay upon the surface of the hot liquid a large spoonful of the frothed cream, giving a gentle stir to each cup before serving. This is known to some as *meringued* coffee, and is a delicious French preparation of the popular drink. Chocolate served in this way is very nice.

Golden Coffee.

Take three quarts of wheat bran, three eggs well beaten, add one tea-cup of the best sirup, and one-half cup of water. Beat well together and mix through the bran, dry in the oven, rub fine with the hands and brown as thoroughly as possible without burning. Use one tablespoonful to the person. Boil fifteen minutes, and you will have a beautiful color and an excellent flavor, not surpassed by the finest sale coffee. Those who desire the coffee flavor, may add one-fifth sale coffee to the above preparation.

Making Tea.

To make *good* tea, the first requisite is boiling water, and a clean earthen-ware tea-pot, which should be hot before putting in the tea. Of course britannia or marbelized ware will answer. Thoroughly scald the tea-pot before using. Put in the

required amount of tea, allowing one teaspoonful to each cup, and "one for the pot." Pour boiling water over it and set where it will keep hot, not boil. If possible, the tea-pot should be covered so no steam escapes. Allow the tea to infuse five to seven minutes. If allowed to infuse longer, the fine flavor of the tea is injured, and tannin is developed, which gives an acrid, bitter taste, and being a powerful astringent, is destructive to the coating of the stomach. To insure keeping hot while serving, a covering made of something like cashmere, satin or felt, lined and quilted, and embroidered if so desired, may be used. Make it just large enough to draw over the tea-pot, and it will keep hot half an hour. Always have a water pot of hot water on the tray with which to weaken the tea, if so desired. The most elegant mode of serving tea is from the tea urn, although the curious little Japanese tea-pots are very fashionable at present, and retain the heat longer than any other kind. Have everything all ready before making the tea. Some prefer the tea put dry in the cup, and just boiling water poured over it.

Iced tea is preferred by many for supper or lunch in hot weather. Have cold tea, and put bits of ice in it. Almost every one uses sugar with iced teas, some use cream or milk also.

In buying tea, of course one has to rely more or less on the grocer's word, but always get the purest there is to be had, and never get colored tea. The "English Breakfast" is a fine flavored tea, also the "Best Japanese."

Chocolate Coffee.

Take six tablespoonfuls grated chocolate, twice the amount of sugar, mix together. Boil one quart each of milk and water together, or one-third more water than milk, stir in the mixture and let it come to a boil, then serve. Cocoa can also be made after this recipe, and is more delicate than chocolate. Cocoa shells are still more delicately flavored, and some people much prefer them to any other drink. Cocoa and cocoanut are two different articles of commerce. Cocoa is the seed of a small tropical tree, growing something like beans. There are several forms in which it is sold. The ground bean is simply cocoa; ground fine and mixed with sugar, is chocolate. Shells are the shells of the beans, generally removed without grinding. The beans are roasted like coffee, and ground between hot rollers. Some prefer to boil the chocolate in water first and let it stand over night and skim off what oil rises to the top; then add the milk and sugar and boil up and serve.

Vienna Chocolate.

Put in a coffee-pot one quart of new milk, set in boiling water. Stir into it three heaping tablespoonfuls grated chocolate, mixed with one-third more sugar than chocolate. Stir into the hot milk, let boil two or three minutes, and serve at once.

Crust Coffee.

Any kind of brown crusts make a good drink by pouring water over them, and letting simmer half an hour or so. Boston brown bread crusts make the best coffee, and with the addition of a little of the genuine article, it can hardly be told from the real coffee, especially with cream.

Some cannot drink genuine coffee, and a very good substitute is wheat bran wet with molasses and browned carefully in the oven, and when sufficiently browned, take from the oven and mix one or two eggs thoroughly with it. This makes a very palatable and wholesome drink. Peas browned the same as coffee make a very good drink, always being careful to brown just right. It is best to attend to browning coffee when there is nothing else on the mind.

Common Lemonade.

Cut three large fresh lemons in thin slices, take out the seeds, add half a pound of white sugar, mash lemons and sugar thoroughly, add two quarts water, bits of ice, and it is ready to drink.

Bottled Cider.

Take good sweet cider right from the press, part sweet and part sour apples give the best flavor, put on the stove and heat to boiling point; then pour in bottles, jugs or cans, and seal immediately while hot. Some put a few raisins in each bottle or can. This will keep all winter, and is especially nice in the spring.

Lemonade.

Lemonade from preserved lemon juice. Preserve your juice while lemons are cheap, by adding one pound of refined sugar to each pint of juice, stirring the mixture until dissolved, when it should be bottled. Put a teaspoonful of salad oil on the top to keep out the air, then cork closely. When wanted for use, apply a bit of cotton to the oil to absorb it. To a goblet of water add sufficient juice to suit the taste. Every family should preserve lemon juice in this way for time of need.

Hot Lemonade.

Hot lemonade is often desirable in winter, and when one has a hard cold. It is made the same as cold lemonade, except by using hot instead of cold water.

Orange and Lemonade.

Peel one large fresh lemon and six oranges, cover the peel with boiling water, and let it infuse in a closely covered dish. Boil one pound of sugar in a pint of water till a sirup is formed, skimming off any impurities. Strain the peel water, add it to the sirup when cold; then add the juice, stir well and add cold water till it makes a pleasant drink. These methods of making drinks are more troublesome than the common way, but the result in the end is more satisfactory.

Pineapple Lemonade.

Peel twelve fresh lemons very thin, squeeze the juice from them, strain out the seeds, pour on the peel a little hot water, let it stand in a covered vessel a little time to infuse. When cool, strain this water into the lemon juice, adding a pound of white sugar, or two tablespoonfuls for a glass of lemonade. Add a slice of pineapple to each glass, and a bit of ice. Cool, delicious, wholesome.

English Lemonade.

Pare a number of lemons, according to the quantity of drink you wish to make, allowing one large lemon to each pint of drink. Pour boiling water on one-quarter of the peels, and let it infuse. Boil your sugar to the consistency of cream, adding the white of an egg whipped in. When it boils, pour in a little cold water to stop it; then let it boil again, when the pan should be taken off to cool and settle, skimming off any scum that may rise to the top. When settled, pour off the sirup into the peel water. Now add the juice and as much water as is necessary to make a rich drink. Strain, if wanted to look perfectly clear.

Tea Lemonade.

To one cup of weak cold tea, add the juice of half a lemon, sweeten to taste. It makes a pleasant drink for old people, and is nice for supper in hot weather. The tea can be made by simply putting the tea into cold water, bottling tightly, and then pouring off, and adding lemon and water to suit the taste. The tea is not injured by standing two or three days in a cool place, and adding water as needed. It is much more wholesome than steeping in boiling water, as the tannin is not developed.

Grape Drink.

This is one of the most delicious drinks, and far superior to fermented wine. It is really unfermented wine. It is made of nearly ripe grapes. Mash the grapes, set over a slow fire, let come to a boil, pour through a colander with a fine cloth laid in it. Do not squeeze if you want it clear, pouring a little water through will do. Set the juice on the stove again, allow one cup refined sugar to one pint juice. When it comes to the boiling point, skim off any scum that may rise. Have bottles, jar or can well rinsed with hot water, put in the juice and seal immediately. This will keep for years if sealed perfectly air tight, and is very nice in sickness. It may need to be reduced a little for sick people.

Summer Beverages

Can be made from almost any kind of fruit or jelly, or a mixture of fruits, currants, raspberries, curries, etc., and lemonade looks lovely when colored with bright fruit. Wash the fruit, add sugar and mash again, add water to suit the taste, and bits of ice if desired. Such drinks will keep on ice for several days.

Lemon Whey.

Boil as much sweet milk as you require, squeeze one lemon and add as much of the juice to the milk as will make it clear. Mix with hot water and sweeten to taste.

American Temperance Beverage.

Twelve lemons, a quart of ripe raspberries, one ripe pineapple, two pounds best white sugar, three quarts cold water. Peel the lemons very thin, squeeze the juice over the peel, let it stand a few hours, add the two pounds of white sugar, mash the raspberries with half a pound of same sugar, cut the pineapple, after paring it, in very thin slices and cover with sugar. Strain the lemon juice in a bowl, add the raspberries and pineapple, mix thoroughly, add three quarts of water, stir all together until sugar is dissolved, and it is ready to serve.

Other Drinks.

Few people realize the great benefit derived from drinking hot milk, if taken just before a meal. It prepares the stomach to better digest the food; in fact, it is both food and drink, and when a person is tired, it will act as a stimulant, without any of the ill effects of alcoholic drink, and is excellent for children, especially if they are weakly, also for old people. Oatmeal and milk is a delicious drink. One tea-cup oatmeal, two quarts of hot water, boil two and a half hours, strain through a fine sieve. Milk can be added to suit the taste, also sugar or salt.

Skimmed milk is not greatly inferior to new milk except in the amouut of milk it contains. Some have not thought skimmed milk good for food, but we find eminent physicians saying there is a large amount of nutriment in it.

Butter-milk is also becoming quite popular, as we might say, as it is sold in saloons. It is really a healthful drink, and the people would become much better if it were more largely used in the place of something stronger

FRUIT.

Ripe Fruit for the Table.

Have ripe fruit on the table for every meal, if possible, especially in summer. Apples are the chief dependence in winter, and, if of good varieties, one never tires of them. Oranges are particularly refreshing at breakfast, and make a handsome dessert fruit for dinner. Pile them in the basket with other fruit, or cut through the peel in quarters. Peel down carefully to the stem end, double the quarter peels under, and let each orange stand in a white cup of its own peel.

Fruit baskets filled with peaches and pears are pretty, decked sparsely with flowers, and the handle trimmed with some green vine, studded here and there with bright flowers.

Use fruits in their season. Sometimes, when fresh fruit is scarce and high-priced, this seems an expensive thing to do; but if we would eat less meat, and rich dishes of various kinds, and substitute for them ripe fruits, we would discover that the bills for our tables were not increased, but that our health of mind and body had increased. Ripe fruit is a corrective of the liver, is a tonic and a food. It is the natural nourishment of man in hot weather, when the appetite turns from animal food, with something akin to loathing. People, debilitated by the continued heat of summer, frequently force themselves to eat meat to "keep

up their strength." They do not stop to reason on the matter, or they would see that their appetite is correct in its indications; that heat creating foods were not necessary to invigorate their systems in the heat of summer, but if used plentifully, would, on the contrary, enervate the system, and unfit it to endure the increase of temperature.

We once knew a gentleman, who, during a winter when apples were very scarce, and consequently very high-priced, would furnish them in abundance for a large family, and when questioned on the subject, said, "It is cheaper to buy apples at two dollars a bushel than to pay doctors' bills and buy medicine." The inference from this remark is not an exaggeration of the truth. Food medicines, if one is wise enough to use them in time, are the natural invigorators of man. To eat carelessly, to force food into the stomach which it cannot digest, to eat in a hurry, to gorge with heavy and rich foods, and trust to a good constitution to pull through the process of digestion for years, and then, when the inevitable break-down comes, to resort to drugs and physic to repair the damage of a lifetime, is an absurdity of so common occurrence that it has ceased to excite surprise.

Fruit, vegetables and grains of various kinds should form the staple of diet, especially in warm weather. The table, found elsewhere in this book, showing the proportion of nutritive qualities contained in ordinary foods, will convince any intelligent person, that the popular idea of meat being the most strengthening diet, is a mistake.

Next to ripe, fresh fruit, canned fruit, put up, as nearly as possiie, in its natural state, is best for table use.

Canned Fruit and Vegetables.

A few general rules apply to the canning of all varieties of fruit and vegetables. Glass cars, with elastic bands are best for canning, and cheapest in the end, as they can be easily cleansed and used year after year by using new bands. Examine the cans, and see that they are sweet and clean, the top without nick or crack, the screw top in good order, and the elastic band good and perfectly fitting. Prepare the cans by rolling in hot water, then set in a pan of hot water on the range, and pour in the fruit, boiling hot. Fill full as possible. The less chance for air to enter, the more secure the fruit. The moment the can is filled, screw down the top quickly, and as the glass shrinks by cooling, screw again, till it is absolutely tight. Put away in a cool, dark place; keep as dry as possible.

Canned Pears.

Make a sirup in the proportion of half a pound of sugar to a quart of fruit. Heat to boiling, peel the pears, and drop each one in a pan of cold water as soon as peeled. This will preserve their color. Drop the pears in the boiling sirup and boil until they can be easily pierced by a fork. Roll the cans over in hot water, fill quickly with the boiling pears, pour on the sirup till the can is full, cover and seal as soon as possible. Keep in a cool, dark place.

Canned Berries.

Pick the berries over carefully. See that all are sound and perfect. Heat slowly to boiling, dip out the juice, leaving the berries nearly dry, then add sugar, one tablespoonful to a quart of berries. Boil together slowly twenty minutes and can quickly.

Canned Peaches.

Select fine, perfect fruit, ripe, but not too soft. Pare, halve and remove the stone, taking care not to break or jam the fruit. Put in cold water, drain out carefully. Put on a plate, which set in a steamer over boiling water. Cover tightly and steam for fifteen or twenty minutes, testing them with a fork. Make a sirup of the fruit juice in the plate and white sugar, add water if necessary, to the fruit juice, and add sugar to the proportion of a pound to every pint of liquor. Boil, and drop every piece in the boiling liquor over the fruit, and close the top immediately.

Canned Plums.

Make a sirup in the proportion of a cup of fresh water and half a cup of sugar to every three quarts of fruit. Let it get warm and dissolve the sugar. Put in the plums, first picking each one with a needle, to prevent its bursting. Let them come to a boil, and boil slowly five or six minutes. Roll the jars in hot water, fill with plums quickly. Pour over the scalding sirup till the jar is full, seal as soon as possible

Canned Tomatoes.

Pour boiling water over the tomatoes, skin them, drain off all juice, put in a kettle and let them come slowly to a boil. Let boil for ten minutes, dip out half the liquid. Put the boiling tomatoes in cans, and seal quickly.

Spiced Peaches.

Select good, solid clingstone peaches, not too large. Make a liquor of five pounds of sugar, and one pint of best vinegar to every ten pounds of peaches. Let the liquor come to a boil, throw in a spoonful of whole cloves and stick cinnamon. Skim well and pour over the fruit boiling hot. Do this nine days in succession, and the last day put the fruit in the liquor and let all come to a boil. Put in cans or jars, cover tightly and set away in a cool place. Spice pears in the same manner.

Peach Butter.

Put your peaches in a kettle and boil soft. Put in half their weight of sugar, and boil, stirring diligently, for twenty minutes. Put in the same quantity of sugar again, boil for two hours slowly, spice to taste, strain through a colander, put in jars, cover and set in a cool place.

Apple Butter.

Boil down new cider one-third, pare, core and slice juicy, tart apples, and put into the kettle with the cider, all that it will cover. Let boil, stirring carefully to prevent scorching. When boiled soft, drain out with a ladle. Put more apples in the cider and boil in the same way. Repeat this till the cider is too much reduced in quantity to permit it; then pour together and boil down to about half; spice to taste. It will keep well in stone jars or tubs.

Preserves.

A pound of sugar to a pint of fruit is a safe rule. The sirup should be skimmed carefully, the fruit thoroughly cooked, and when set away, the jars should be coverd air-tight, and placed in a cool, dark place.

Preserved Quinces.

Peel, core and drop into cold water to preserve color and form. Take a pound of sugar for every pound of fruit. Make a sirup of the sugar with a pint of water to every pound. Boil fast, drop in the fruit and continue to boil till the fruit is cooked soft, strain out, and boil down the sirup till the water has boiled out; then pour over the fruit, can, or seal in jars.

Peaches and Pears

May be preserved in the same way, either whole or halved or quartered.

Preserved Cherries.

The fruit may be stoned or not, as preferred. Take sugar in the proportion of three-fourths of a pound to every pound of fruit. To every pound of sugar put half a pint of water. Let it warm and thoroughly dissolve the sugar, add the fruit and let all boil fast for twenty minutes, or until it begins to jelly. Put in jars or cans hot. Put paper over the top and paste it down around the edges, then seal or cover closely. Set in a cool, dark place.

Preserved Citron.

Cut in thin slices, boil until tender and clear, drain off, drop in cold water. Make a sirup of a pound of sugar to a pound of citron. Put a small piece of ginger root in the sirup, boil till clear, then drain the fruit from the cold water, drop in the boiling sirup. Let boil for five minutes. If preferred, one lemon can be added to every half dozen citron.

Jellies.

Use porcelain or marbleized iron kettle for making jellies, or indeed any preserves. We would say give up the use of bell metal kettles entirely, but we know many house-keepers feel attached to the old-fashioned preserving kettle, that, once bought, remains as good as new for years. It is really a simple matter to keep the bell metal kettle clean and pure. But if the necessary care is not taken to thoroughly cleanse it, the old-fashioned "brass kettle" becomes an active poisoner. If it is used in preserving, scour well with sand. Set over the fire and boil in it a cup of good vinegar, and half as much salt. This makes a sort of muriatic acid, and, by rubbing it well all over the surface, the kettle is thoroughly cleansed from poisonous oxide. Wash in clean, hot water, and use at once. When you pour off your sirup from the kettle, wash quickly before returning it, or the fruit, to the kettle again. In this way you may use the bell metal kettle with as much safety as the expensive, because frail, porcelain kettle.

Do not use brown sugar for preserves or jellies. The color is rendered dark in that way, and fermentation is more likely to occur from impurities in the sugar. Jellies and jams should be put in china jars or jelly glasses, and covered closely with thick paper or metal covers. A piece of tissue paper just fitting into the top should first be placed over the preserves, then the cover fastened tight. If paper is used, it should be pasted firmly around the outside of the glass and fastened with

an elastic band. The jars and glasses, after filling, should be set in a cool, dry and dark closet. If the jelly is not firm enough to suit, the water may be evaporated by setting in the sun with window glass over them. Take the glass off occasionally and wipe away the moisture. This will soon render them firm without boiling over, which may injure the flavor, and is sure to darken the color.

Apple Jelly.

Pare, core and slice juicy, tart apples, put in cold water sufficient to cover them, boil to a pulp and strain through cheese cloth. Then boil one quart at a time with two pounds of white sugar for twenty minutes. Pour in your glasses and set in a light place till it is cold. Repeat this process with all the juice. You can still use the pulp for sauce or pies.

Grape Jelly.

Select grapes not too ripe, or they will not jelly so readily. Stem them and squeeze through a jelly bag. Boil one or two quarts of juice at a time, allowing not quite two pounds of white sugar to a quart of juice. Boil fifteen minutes alone, then add the sugar and boil five minutes longer; pour into glasses. The jelly will be firm if the grapes are not too ripe, and the color will be good.

Lemon Jelly.

Squeeze out the juice of three lemons, grate the rind of two, add one cup of sugar, two tablespoonfuls of butter and the beaten yolks of two eggs. Beat together thoroughly, put over the fire and stir till thick. Pour into moulds for use.

Currant Jelly. Excellent.

Pick the currants when just ripe, stem them, and put in a stone jar. Set on the stove and warm, crush them with a wooden or silver spoon; when well warmed, squeeze through coarse cheese cloth into a porcelain or marbleized iron kettle. Put in one pound of white sugar to a pint of juice, boil fast for twenty minutes. No need to test the jelly, it is certain it will be firm and of a good color, if the currants are not too ripe.

Currant Jam.

Use the above recipe excepting that the currants should not be strained, only crush well in the jar.

Orange Jelly.

Dissolve one paper of gelatine in a cup of cold water for one hour, add to this the juice of four lemons, two pounds and a half of sugar, and one quart of boiling water. Stir well together till the sugar is dissolved, then add one pint of orange juice. Strain and set on ice till used.

Gooseberry Jelly.

Boil two quarts of unripe, but fully grown gooseberries in one quart of water for half an hour, pour out and let set till perfectly cold. Strain and pour into your kettle, adding one pound of white sugar to every pint of juice. Boil for three-quarters of an hour, skim and boil again for the same length of time, flavor with vanilla or lemon.

Crab Apple Jelly.

Take off stems and blossoms and scald thoroughly, pouring off the first water; then put in a kettle of cold water, enough to well cover them, and simmer slowly till they are very soft. Drain off the juice and strain through flannel. Put pound for pound of juice and white sugar and boil fast thirty minutes. It will make very nice jelly.

Crab Apple Jam.

Strain the pulp left from the above, through a sieve to remove seeds and cores. Add brown sugar, pound for pound, and boil down till thick.

Rhubarb Jam.

Cut the rhubarb into small pieces, put in sugar pound for pound, and let it set in a porcelain kettle or stone jar for twelve hours. There will be quite a quantity of sirup collected; pour this off and boil till it thickens slightly, add the rhubarb and boil together for twenty minutes. Put in glasses or china jars as you would jelly. It keeps well and is very nice. You may flavor with lemon if you like.

Raspberry Jam.

Put a pound of a sugar to a pound of red raspberries, they should not be too ripe. Crush well in a preserving kettle. If you add a little currant juice, the flavor will be improved. Boil slowly for half an hour, or until it will jelly. Put in small jars and cover with paper, tying it down carefully around the top.

Gooseberry Jam.

To one quart of ripe or nearly ripe gooseberries, add a pint of white sugar, crush with a wooden or silver spoon and boil together fast for three-quarters of an hour. Put into jars and cover with paper

Quince Jam.

Select fine yellow quinces, add only enough water for safety and boil slowly till the fruit will break easily. Pour off the water, crush with a spoon and press through a colander to remove cores and seeds. Add a pound of best white sugar to a pound of fruit, and boil for half an hour, stirring often. Put in jars and seal.

Orange Marmalade.

Boil six oranges and four lemons in water for three hours. Take out and open the fruit. Remove the seeds, but preserve all the pulp and juice, chop the rinds in small pieces and add to the juice and pulp. Boil for fifteen minutes, then add four pounds of sugar to three of the pulp and boil till clear. Put in jars and cover. Very nice.

CONFECTIONERY.

Put one pint and a half of water to three and a half pounds of sugar. Add one teaspoonful of cream tartar to prevent granulating. Boil fifteen minutes, and the water will be eliminated, and the sugar is in a dissolved state. At this degree of heat, rock candy is made by letting the sirup cool. I crystallizes on the sides of the vessel.

Bring the sirup to a higher degree of heat and test it. It will thread from the ladle. Most candy is manufactured from the sugar when at this degree. It requires care to keep it from scorching, which would render it unfit for use.

Candy is best tested by dropping from the ladle into cold water. If it becomes hard and brittle, it should be removed from the fire.

Taffy.

Two pounds of white sugar, one-half pint of water, butter the size of an egg, soda one-fourth teaspoonful. Boil, taking care not to scorch it, till it will work easily, pull into sticks. Flavors may be added when the candy is cooling, before working.

Cream Caramels.

Two pounds sugar, one pint sweet milk, one cup molasses, one-half cup good butter, one-half teaspoonful soda. Boil until stiff as wax, pour on slab and cut in squares.

Lemon Candy.

Put three and one-half pounds of fine white sugar to one and one-half pints of clear water, and one teaspoonful of cream tartar. Boil, testing occasionally by dropping in cold water, until it is brittle. Pour in a shallow pan that has been well buttered. When cool enough to work, add one teaspoonful of tartaric acid, crushed fine, so there are no lumps, and the same quantity of extract of lemon. Work well into the mass, so that it will be clear, and the candy transparent, and cut into squares. Any flavor may be added instead of the acid and lemon, to make any other candy, as pineapple, strawberry, rose, etc.

Caramels.

Three pounds of sugar, one-half cup-ful of fresh butter, one cup and a half of cream. Boil over a quick fire till brittle, when you testit in cold water. Pour into shallow pans, and when cool enough, cut into the shape desired.

Chocolate Caramels.

One pound white sugar, one cup molasses, one-half tea-cupful of milk, butter the size of an egg, one cup of Baker's chocolate, cut fine. Boil till it is stiff enough to work; butter shallow pans and pour in to the thickness of half an inch, cut in squares

Cocoanut Candy.

Grate one cocoanut, or use the prepared cocoanut, add half its weight of sugar, and the whites of eggs beaten well, in the proportion of one to a single cocoanut. Mix well and drop in shallow buttered pans. Bake twenty minutes, taking care not to scorch.

Molasses Candy.

One-half pint of New Orleans molasses, one pound of sugar, two tablespoonfuls of good vinegar, butter the size of an egg. Boil without stirring till it stiffens when is dropped in cold water; add one teaspoonful of soda, stirred in well, and pour on buttered pans. When cool enough, pull into sticks.

Cream Candy.

Two pounds of white sugar, half a pint of water, two wine-glasses of white wine vinegar, flavor with vanilla, boil for thirty minutes. Pull into sticks.

Butter Scotch.

Two pounds of brown sugar, one-half pound of butter, one tablespoonful of vinegar, a teaspoonful of soda, and half a tea-cup of water. Boil together for forty minutes without stirring. Drop into cold water to test. If brittle, take it off; pour into pans and cut in squares when cool enough.

Ice Cream Candy.

Four cups light brown sugar, two cups of water, one-half cup of vinegar, one-half cup of butter, one teaspoonful vanilla extract. Boil till stiff; pour in buttered pans to cool; cut in shape when sufficiently cool.

Kisses.

Two eggs, one cup and a half of white sugar, one-half cup of milk, one teaspoonful of cream tartar, and one half as much soda, or two teaspoonfuls Royal Baking Powder. Beat well together and add enough flour to make a stiff dough, drop on buttered tins, sprinkle well with powdered sugar, and bake in a quick oven.

Cream Candy.

Dissolve a quarter of an ounce of white gum arabic in one pint and a half of water, add three pounds and a half of white sugar and one teaspoonful of cream tartar. Before it boils brittle, test it by dipping a little out with a perforated skimmer. If it looks feathery as it drops through the holes, it is sufficiently cooked. Take off the fire and beat against the dish with a spoon, add flavor desired. For chocolate candy, stir in the chocolate grated fine, as the candy is cooling. If you wish to make cocoanut, add the cocoanut in the same way, and stir till cold.

Candied Orange.

Put two pounds of sugar to one pint and a half of water. Boil till it is brittle when dropped into cold water. Peel and divide a dozen fine large oranges. Dip each piece in the candy sirup and place it on a sieve over a pan to drain. Leave them in a warm place until the sirup on them has crystallized.

Sugar Drops.

To one-half pound of flour add one-half pound of sugar, four eggs well beaten, and two tablespoonfuls of rose water. Beat well together; boil fifteen minutes, and bake on buttered tins in a quick oven. Any other flavor can be substituted for the rose water.

Tart Candy.

Two cups sugar, half a cup of double proof vinegar, two tablespoonfuls of butter. Boil half an hour; pour over shallow buttered pans to cool. Flavor while cooling; do not stir.

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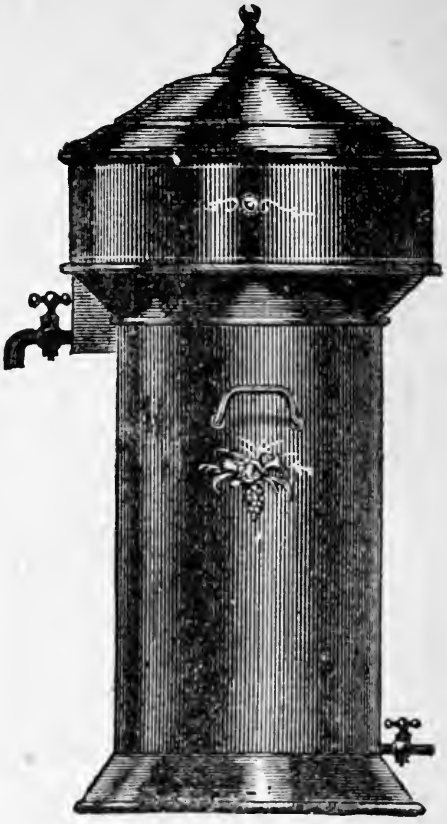

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